

Our January Yogini of the Month is Shauna Eveleigh-Harris! Shauna began attending classes at Tapestry more recently and has really taken to the benefits of restorative Yoga. She is also sharing the gifts of Yoga with her family by attending our Mother/Daughter class. Shauna brings her beautiful presence and bright smile into the practice room and we love having her attend classes at Tapestry!

Your occupation?

I'm a social worker, working in private practice as a mental health therapist.

How long have you been practicing Yoga? Why did you start practicing at Tapestry?

I've been practicing yoga off and on since my 20s - my first yoga practice was at home with a DVD by Rodney Yee. I have tried many styles of yoga over the years and had many local instructors.

My draw to Tapestry started a couple years ago. I was practicing yoga with a different instructor and tried a pose that wasn't right for me. I was discouraged and disheartened. I stopped doing yoga altogether for about 3 years. I knew it was right timing when I got to know Celeste and was introduced to restorative yoga - something she is passionate about. Her passion was contagious and it was an easy transition to get back into my practice of yoga, this time in a different way. Her style of giving permission and options for the poses was a life-saver for me. Helped me to regain confidence in yoga and in myself.

Yoga is...

an unconditional and ever-present companion. I really appreciate how yoga has always been there for me, it was me who left. It has no judgment and holds no grudges. It is acceptance, breath and a space to just be.

What is an unexpected benefit you have from practicing Yoga at Tapestry?

As a therapist, specifically a trauma therapist, it can be easy to forget to take care of myself and reap the negative consequences of burn-out and stress. The esthetics of Tapestry yoga: the peaceful, calm energy, the faint scents of tea-tree and lavender oils, the soft yoga music, and the minimalistic décor really supports the soothing of my soul by allowing me to declutter my mind and heart.

What fills your cup? Or What grounds you?

I love good food with family and friends, laughing and talking helps me to see the love all around me. For grounding, I love wearing crystals and stones that support rootedness and the smell of sage or palo santo instantly grounds me.

Favourite pose:

I have always joked that "I'm in it for savasana!" That was until I discovered the healing that comes from restorative yoga poses. My new favourite pose is supported child's pose. It is a place where I can feel nurtured and held without giving anything of myself. It is an ancient feeling that I surrender to every time I'm in the pose.

A must have song on your Yoga playlist:

As a 90s girl and a huge Pearl Jam fan, I love to hear Eddie Vedder's "The Long Road" with Indian chanting.

One way you take Yoga off the mat?

I like knowing that I can always return to yoga, that it's always there. And that knowing is a metaphor for

bigger things in my life - like there is an essence to us that never changes, that is ever-present. That gives me reassurance.

Anything else?

Thank you Celeste!!!! For being you and for creating this space for us to be ourselves. xoxo