

Your April Yogini of the Month is Abby Smith-Biggins! Abby has been taking Little Yogis kids classes at Tapestry since September and we adore having her in class. She is always so kind to others, has BIG love for her family, and always has great ideas and imagination to contribute when we co-create class. Now that she has been in class for so long she always makes new students feel welcome by saying "hello" and helping Celeste explain certain games or activities. She is very strong and likes to do Wheel Pose sometimes during Savasana when she has a lot of energy to burn. She can do about 10 of them in a row!!! Congrats Abby and thank you for being the sweet and awesome girl/yogini you are!

Your Occupation: Grade 1 student.

How long have you been practicing yoga?
2 years.

Why did you start practicing yoga at Tapestry?
Celeste taught yoga in my kindergarten class last year. I joined yoga class at Tapestry so I could learn more and because Celeste is amazing.

Yoga is...fantastic!!!

What is an unexpected benefit you have from practicing yoga?
I am more flexible for gymnastics.

What fills your cup?
Spending time with my family at the lake. My favourite part is having sleepovers with my cousins in the bunkhouse.

What is your favourite pose?
Rainbow pose (Also called Wheel/Upward Bow or Urdva Danurasana) because it makes my flexible and strong.

Favourite yoga song?
"Just Be" by Kira Willey, the song that Celeste plays at the end of yoga class. I like it because it helps me relax my body.

What is one way you take yoga off the mat?

When I get frustrated I sit in easy pose and breathe deeply.