

Our December 2016 **Yogi of the Month** is Calvin Loth! He and Celeste had the same teacher, Karen Skoronski, from years back before you could buy a yoga mat in PA. Calvin has been practicing Yoga for even longer than Celeste has, closer to 23 years! He had been scheduled for a back surgery but found Yoga and never did have to get it. Yoga has been an important part of his healing and health. He is extremely dedicated to his practice and attends three classes per week when he is not busy farming. He also has a background in social work and is a Beatles fan like Celeste. Calvin's gratitude for and encouragement of Celeste has touched her deeply as she transitioned from student to teacher.

Your occupation?

I'm a retired probation officer and also a small scale farmer.

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

Now let's see...I think it's been about 25 years. Celeste would know as well as me because we were in it together. About 25 years and Celeste began teaching Hatha Flow Yoga after our instructor moved to B.C. It was a natural move to Tapestry. I was fortunate to have an instructor as dedicated as Celeste to carry on.

Yoga is... is essential to maintain a range of movement in your muscles and joints. If you don't (practice) it's likely that arthritis will eventually catch up to you.

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

Meeting new people and being able to sincerely recommend Tapestry as a good place to recommend Yoga.

What grounds you?

Regular attendance at Yoga with familiar classmates, that's what grounds me.

Favourite pose:

I thought about this one for a while. I was thinking about firelog because I can do that pose but the one I have been working on for the longest is the seated forward bend. I haven't got there yet, but I can see progression from year to year. So I am getting there but it is still a ways to go. It's sort of a bench mark in my progression of Yoga.

A must have song on your Yoga playlist:

No song in particular, Celeste plays music all the way from near to far East including the Beatles and it all sounds appropriate.

One way you take Yoga off the mat?

I think the one things I take away from Yoga on a regular basis, aches and pains that maybe follow me, there are different poses that you can take to alleviate some of the pain. So it's something that carries on just to everyday occurrences. As you get older you'll find out that you got aches and pains all the time but some of the stretches will take away the aches and pains, or at least alleviate it, so it's lessened.

Anything Else?

I'd encourage anyone with aches and pains, people who go to physiotherapy or chiropractic, to consider coming to Celeste's Yoga classes as a way of enhancing or adding to those therapies. I went to a physiotherapist about my shoulder and I had asked, "can I do yoga?" and he said "yes, oh yes!" He could

see the benefits. Anyone who has muscle or joint pain can consider this because there is no pill that will take that stuff away and you have to work at it. And Celeste knows what she is doing.