

Your Yoginis of the Month for October Haley & Lorelei Clifford!

These two participated in our Mother/Daughter Yoga class & it was lovely to see them connecting with each other! Lorelei is such a kind and giving person and is raising her 3 girls in the same way; they are a super heart-centered family!

We are inspired by our students' dedication and commitment to their Yoga both on and off the mat. The Yogi/Yogini of the Month is an opportunity to recognize the incredible people that come to Tapestry and give them a platform to share their journey. The recipients will be gifted with a Halfmoon eye pillow to enhance their restorative practices and savasana.

Your occupation?

Lorelei: I am an elementary teacher.

Haley: High school student

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

Lorelei: I have only been practicing yoga for just over two years. I started because I was looking for ways to relieve stress and improve my self care.

Haley: I have been practicing odds and ends of yoga until this last year when me and my mom signed up for the mother and daughter class at Tapestry. I started practicing at tapestry because they offered the mother daughter class which was a way for me to practice yoga while still being comfortable.

Yoga is...

Lorelei & Haley:...spiritual, connecting with the mind, body and soul.

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

Lorelei: I did not expect to build a deeper connection with my teenage daughter. When we joined mother-daughter yoga, this is exactly what happened. ♥

Haley: I did not expect to build a deeper connection with my mother when we joined mother-daughter yoga, I also did not expect to build a deeper connection with myself and that I would become a calmer and more peaceful person.

What fills your cup? Or What grounds you?

Lorelei: I feel fulfilled when I am able to help others, whether it's friends that I know or random acts of kindness to strangers. I feel grounded when I am connected to the earth by gardening, walking in the forest or just spending time outside.

Haley: I feel grounded when I am connected to animals like my dog or even wildlife.

Favourite pose:

Lorelei: My favourite pose is Child's pose because it is very relaxing and helps me relieve stress.

A must have song on your Yoga playlist:

Loerlei: Keep Breathing by Ingrid Michaelson

One way you take Yoga off the mat?

Lorelei: I have begun teaching my grade one class about mindfulness to help them focus on the moment despite distractions around them.

Haley: By using it to become a lot calmer and peaceful anywhere else.

Anything else?

Lorelei: I resisted joining yoga for years because I foolishly thought that I needed to be super flexible and bend myself into a pretzel. After joining, I realized that it is not about who can make the best pose. Yoga is about becoming your best self, self care, stress relief, grounding yourself, connecting with the earth, connecting with your mind, body and soul. You are perfect, just the way you are. ♥

Haley: I love yoga, it makes me feel so much calmer and so much more peaceful even if I've had a really bad day it's so nice to do a little yoga and It makes me feel so much better and more peaceful!