

Our March Yogini of the Month is Cindy Robson! Cindy has been practicing with Celeste for many years now! She has such a positive demeanor and a smile that lights up the room. She is always willing to contribute to our community in such sweet ways for example, putting away everyone's bolsters from the practice space. She has developed a strong practice over the years and we love seeing her growth as a Yogini! Congrats Cindy!

Your occupation? Retired from banking

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

I started practicing about 10 years ago. I started to practice with Tapestry because I liked Celeste's creativeness. We use to practice out of the old city hall downtown and the Mann Art Gallery. Both these places gave you a sense of history and creativeness. Today as I practice in the new studio it gives me a sense of calm, a sense I belong. Celeste makes you feel at home.

Yoga is...life, breath and love!

What is an unexpected benefit you have from practicing Yoga at Tapestry? To be able to come to class and fully engage in my practice. To quiet my thoughts, slow my breathing and enjoy my time.

What fills your cup? Or What grounds you? When I am grateful and happy it flows out towards others and I see a positive change in them.

Favourite pose: Tree pose. It grounds me and when I extend and open my arms it brings a smile to my face. At times I just want to yell out "I am happy"

A must have song on your Yoga playlist: Snatam Kaur from the CD Grace...Ong Namu

One way you take Yoga off the mat?

Yoga has taught me to be more positive, to live in the moment.

Anything else?

Yoga has changed my life. It has taught me to better understand my mental and physical body.