

Our November 2016 **Yogini of the Month** is Mandy Hildebrandt! Mandy has been taking classes at Tapestry since day one when we opened. She is extremely dedicated to her Yoga practice and usually attends three times per week. She has attended 176 classes to date and twelve classes in the month of November. Mandy has grown in her practice and always does a brilliant job of listening to her body and modifying the practice for herself. Mandy is a sweet and gentle soul; we love her bringing that beautiful energy to the space!

Your occupation?

I'm a Hairstylist and a student.

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

I started practicing about four years ago because I was having troubles with my shoulders at work. I picked up a book called "A Morning Cup of Yoga: One 15-minute Routine for a Lifetime of Health & Wellness" by Jane Goad Trechsel. I started practicing at Tapestry because the write-up on Facebook looked appealing.

Yoga is...something that helps me get through my stress and anxiety on a day to day basis.

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

I've realized I don't have to push myself.

What grounds you?

Nature grounds me.

Favourite pose:

Flowing between standing forward fold and halfway lift and the restorative pose Elevated Chest Pose.

A must have song on your Yoga playlist:

"Peaceful Noon" by UBUD

"Floral Drift" by Chakra's Dream