

Our April Yogi & Yogini of the Month is Sarah & Clark Cazakoff! They have been attending Mama & Baby Yoga classes since September 2016! Sarah has a lovely positive energy that she brings to the space and has a wonderful sense of humour! You can get a taste of this reading a blog post she wrote about mom and baby yoga in the link near her photo.

It has been so wonderful seeing her find connection and community at Tapestry over these months through those classes but also attending her own! It's inspiring seeing a mama taking time for self-care. We are sad to have said goodbye to them both this month but wish them well on their new adventure as a little family!

Occupation: Occasional teacher, occasional layabout, full-time Mom

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

I've been practicing yoga since 2012 but only had the good fortune to begin practicing at Tapestry last September. I hope to find an equally awesome and welcoming yoga studio in our new digs in Manitoba.

Yoga is... A way to center myself, a form of fitness, a reason to get out of the house, a way of socializing as a mom, where I get to eat Laurie's delicious, healthy snacks. Seriously, borrow someone else's baby if you need to; everyone should come to Baby Yoga to enjoy not just the treats that the instructor brings but the incredible sense of community Laurie creates.

For Clark yoga is a way to steal other babies' toys, and take the heating fan at the studio for it's weekly walk.

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

The community of moms and the friendship that comes part and parcel with Baby Yoga. Have I talked this up enough? I hope your readers are already clearing their Friday morning calendars. In addition to that, Celeste introduced me to restorative yoga, which is an incredible calming experience, I walk out of every class feeling better than if I had spent the day at the spa.

For Clark, the unexpected benefits were that he made some good friends who have exciting toys. Laurie brings in the best toys for the baby corner.

What fills your cup? Or What grounds you?

Yoga, being out in nature, cooking. Clark, I would say also enjoys yoga, hiking but he prefers eating to cooking.

Favourite pose:

I don't have a favourite but I like learning new poses, which is one of the benefits of attending classes at Tapestry. For Clark, it would be a tie between dead bug, when all the ladies wiggle their arms and legs in the air and then flop and when all the yogis shake out their arms. He'll imitate me sometimes while I'm doing the second one.

A must have song on your Yoga playlist:

I practice yoga in silence at home, but at the studio, I really enjoy the song at the very end of Celeste's playlist. I'm not sure of the language but it jives well with the feeling of her classes. My son would say his favourite song is the one he plays on Laurie's singing bowl at the end of every class.

One way you take Yoga off the mat?

When I'm sitting at home with Clark, sometimes I'll do a couple of sitting cat/cows to ground myself.

Anything else?

Have I convinced everyone to come try Baby Yoga yet? It's a great experience and I can't think of a better way to spend a morning as a mom. Also, everyone can benefit from practicing restorative yoga- you should try it!