

Our October 2016 **Yogini of the Month** is Diane Scrivener! We are so pleased to have Diane join us at Tapestry. She has been so committed to her attendance at the studio! She is a busy OR nurse at our Vic Hospital; her job is demanding but she is very deliberate about making time for self-care through Yoga so that she can continue to serve her patients. She will attend even after a long shift at the hospital and takes advantage of all the classes on the schedule to make it happen. It has been a joy to see her do the work of her Yoga and hear her feedback on how it benefits her!

Your occupation?

I am a Registered Nurse.

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

I have been practicing yoga for 15 years. I came to Tapestry Yoga Studio because I found it offers the greatest flexibility (no pun intended) for my schedule. So many facilities offer classes on specific nights of the week and that does not fit with my shift work.

Yoga is...

Yoga is.....a lifestyle for me. It keeps me balanced in body, mind and breath.

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

Attending classes at Tapestry allows me to practice in a beautiful surrounding with others, also having an instructor allows for necessary tweaks to ensure a pose is beneficial, as well, Tapestry Yoga Studio allows me, the student, to choose my class and my time that suits my schedule. The biggest benefit, for me, is to have Celeste guide me through the meditation.

What fills your cup? **Or** What grounds you?

Most days my cup bubbles over, I am grateful for all things I have been blessed with. I am most grounded when I have my family with me, and when I know that I have done good and been kind in our sometimes crazy world.

Favourite pose:

I cannot say I have just one favourite pose, because every day is different. Some days I have an abundance of energy and other days I need more restoration. I love the Sun Salutations and the Warm Vinyasa Flow and the fact that you can adapt the pose to how your body is responding on that particular day.

A must have song on your Yoga playlist:

I cannot say that I have one must have song, because like yoga, music is an expression of the soul and it can be very powerful. Sometimes lyrics can actually be distracting when I am focusing on certain poses. However, some songs that I truly love practicing to are "Only Love" - Ben Howard, "Resolution" - Matt Corby, "Moon" - Little People, "Under the Same Sun" - Ben Howard, "Clarity" - John Mayer.

Anything else?

Yoga, for me is a lifestyle, so yoga off the mat is simple. Body, Mind and Breath. You can practice that wherever you are, there is nothing else that you need.

Namaste,
Diane