

Your February Yogini of the month is Chloe Laczko! Chloe started Mata Prenatal Yoga class in September 2017 and continued right up until a week before she gave birth! She was super committed to attending her weekly class at Tapestry. We are inspired by her strength as a mother; she gave birth to a healthy baby girl.

Your occupation?

Shift supervisor at the Provincial 911 Center.

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

I started practicing Yoga a few years ago on and off. I was competing in powerlifting and found Yoga to be a great way to alleviate some of the strain on my muscles and joints. I have been practicing regularly now for 9 months. I was looking for a prenatal yoga class and was excited to discover Tapestry offered one.

Yoga is... taking time to relax and connect with yourself. It is a way to strengthen your body and mind.

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

I started practicing for the physical benefits but have also found it to be a great stress reliever.

What fills your cup? Or What grounds you?

Physical activity, being in nature.

Favourite pose:

Being 9 months pregnant my poses have been fairly limited the last little while. I have really been enjoying downward facing dog and Savasana. I used to have a hard time shutting out my thoughts and being present in savasana. Since starting at Tapestry I feel I have made a huge improvement in this area.

One way you take Yoga off the mat?

I find the breathing techniques I have learned to be beneficial in everyday life.