

Our December Yogini of the Month is Kathleen Clarke! Kathleen has continually shown up for her practice and it shows in her strength, flexibility, and beautiful alignment. Kathleen always has a huge smile and a wonderful sense of humour that includes the ability to laugh at herself! Congratulations Kathleen!

Your occupation?

I retired from teaching in June (2017).

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

I began practicing yoga 9 years ago. I had spent 2 years with another teacher, but she moved away. A former student from that studio told me to try Celeste. Am I ever glad I took his advice!

Yoga is...

Grounding, balancing and strengthening body and mind. It is a beautiful thing.

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

I expected to see improvements in my flexibility and balance when I began practicing yoga but I didn't realize the extent to which I would see my overall strength improve. Then one day Laurie pointed out, as we held a pose, that this asana was building cardiac strength. She told us to observe what our heart was doing. That was a revelation to me.

What fills your cup? Or What grounds you?

Being around good people grounds me. Music fills my cup.

Favourite pose:

My favourite pose changes, but right now I love standing forward fold. I like the feeling of stretching my legs and relaxing my upper body.

A must have song on your Yoga playlist:

That change all the time but right now it's "Evergreen" by Yebba.

One way you take Yoga off the mat?

I have had to work hard at keeping my mind still. This does not come easily to me. But I can tell my "stamina" for tuning out the outside world is improving and I feel, for myself, this is helping me manage many parts of my life in a way that is healthier for me and happier for my family.

Anything else?

Every time I come home from yoga practice my husband asks “How was yoga?” And every time I answer the same way: “Awesome!”