

Our May Yogi of the Month is Mike Mitchell! Mike has been attending classes with his wife Marlene with Celeste pre-studio. We have seen him live Yoga when he made a very generous donation to the YWCA to help support the Syrian Refugees that came to PA. More importantly though, he and his family have donated time by being paired up with a Syrian family to help them settle in Canada. He has also practiced Tai Chi and volunteered time at a youth treatment centre teaching them that moving art.

Your occupation? Entrepreneur

How long have you been practicing Yoga? Why did you start practicing at Tapestry?
5 years and 5 years

Yoga is...peace, strength from within, and grounding of one self

What is an unexpected benefit you have from practicing Yoga at Tapestry?
Is the sense that we are all connected and valued.

What fills your cup? What grounds you?
Love

Favourite pose:
Humble Warrior - the surrendering of one's self I am no more or no less

A must have song on your Yoga playlist:
Om mani padme hum

One way you take Yoga off the mat?
Strengthening threw my body, mind and soul

Anything else?
Namaste may we all be blessed to find kindness, love, and a sense of belonging.

Blessings