

Our February Yogini of the month is Valoree Grolla! Valoree is a lovely Yogini who has a commitment to attending yoga every week without fail. She has recently joined Jessica's Meditation 101 class and is exploring that aspect of Yoga more deeply. We love seeing her grow and develop in her practice and commitment to her attendance. She has a sweet, gentle way about her and her smile is contagious. Congrats Valoree for being selected this month!

Your occupation?

I work in the Sterile Processing Dept. at the Victoria Hospital.

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

About ten years. I started after I hurt my back at work. I was tired of chiropractor appointments. A friend's daughter was teaching a beginner yoga class, so I joined and have taken classes ever since. I started at Tapestry because my recent teacher was stepping back from teaching. I saw a poster at the hospital for the new Tapestry Yoga studio and I signed up.

Yoga is...

Yoga is like a friend who is always there for me. It keeps me balanced in mind, body and spirit.

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

It's so nice to meet new people who love and appreciate yoga as much as I do. I love how Celeste gives several options for each pose, depending on how we are feeling on any given day.

What grounds you?

Being outdoors grounds me. I love gardening and practicing yoga barefoot in the grass in summer, and snowshoeing in the winter.

Favourite pose:

Cat/dog tilt is my favourite. I do it every morning to awaken my spine. My new fave is "mountain brook" which we've learned in Restorative yoga class. It makes me feel like I'm floating on an air mattress.

A must have song on your Yoga playlist

"Longtime Sun" I sing it all the way home from class.

One way you take Yoga off the mat?

I'm trying to be as kind and non-judgemental to others as we are to ourselves on the mat.

Anything else?

I'm loving the Restorative Yoga and Meditation classes. Thank you Celeste and Jessica for passing your knowledge onto us.