

Your Yogini of the Month for May is Brittney Ward! Brittney has been practicing prenatal yoga since fall 2017. She often attends more than one class a week and always comes into the studio with a big smile on her face even though she's been at her demanding job all day. We do enjoy Brittney and look forward to meeting her sweet babe!

Your occupation? I am a Kindergarten Teacher at Riverside School.

How long have you been practicing Yoga? Why did you start practicing at Tapestry? I started practicing yoga about 10 years ago in university. I have practiced on and off since then. I started practicing at Tapestry in December early on in my pregnancy as a way to deal with the fatigue and nausea that sometimes hits in your first trimester. Later on in my second trimester I added an extra class each week at Tapestry and I feel like it has really helped me have a healthy and positive pregnancy experience.

Yoga is...a time to reconnect with your breath and take time out of our busy lives to just be in the moment and check in with yourself.

What is an unexpected benefit you have from practicing Yoga at Tapestry? The community of new moms and moms to be that I have met in the prenatal yoga class has been really great. It's been so exciting watching other moms on their pregnancy journey and getting to know some new moms and talking about our pregnancies each week. I also appreciate the knowledge and resources that Celeste has shared with us each week at the prenatal classes. I feel like it has helped prepare me for the birth and first few weeks after baby arrives.

What fills your cup? Or What grounds you? Spending time with friends and family and spending time outdoors helps keep me grounded and calm.

Favourite pose:

Downward facing dog is my favourite pose. I love the stretch you feel from it and the strength you gain by holding it.

A must have song on your Yoga playlist:

I really like "Keep Breathing" by Ingrid Michaelson that I have heard both Laurie and Celeste play, it's a nice upbeat reminder that all you need to do is breath and everything will work out.

One way you take Yoga off the mat? Yoga is such a good reminder to be in the moment. When I am feeling stressed or anxious I try to find a bit of time to reconnect with my breath and return to the moment instead of becoming overwhelmed by events going on around me.

Anything else?

I cannot recommend the prenatal yoga class enough. I would strongly encourage anyone who is

expecting to sign up in the fall. It is a great way to meet other moms in the community and to stretch out and get your body ready for the changes that lie ahead. I encourage moms to join early on in your first or second trimester and continue it throughout your pregnancy.