

Your November Yogini of the Month: Jamie Subchyshyn! Jamie has been practicing Yoga since she was young with her grandmother! She has a desire to learn about the practices including learning from other teachers around Saskatchewan and attending Yoga festivals like Wanderlust. We live having Jamie as part of our community at Tapestry!

Your occupation?

-I am a grade 8 teacher.

How long have you been practicing Yoga?

- I have been regularly practicing yoga for about two and a half years.

Why did you start practicing at Tapestry?

-I started practicing yoga at Tapestry when it first opened. I was in the very first class that the studio offered. I wanted to begin a yoga practice to help me manage my health issues including Crohn's disease and arthritis. I knew Celeste from working with her and I thought that her studio would be a great place to learn more about yoga and all of its benefits.

Yoga is... My medicine and my happy place.

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

-When I first began practicing yoga I approached it solely as a physical practice. I have come to understand that yoga is so much more than physical strength and flexibility. Through yoga I have gained patience, acceptance and a new form of happiness.

What fills your cup? What grounds you?

-It may sound cliché, but savasana grounds me. I love finding myself in a relaxing savasana after a challenging practice. It gives me time to actively observe new feelings and to modestly celebrate my practice.

Favourite pose:

-I love so many poses but I think my favourite pose is eagle. I like it because every time I practice it, I feel a little different. It always offers me a new struggle and a new awareness. It reminds me that there is no such thing as a perfect pose and that there is always opportunity for improvement.

A must have song on your Yoga playlist:

-Budding Trees by Nahko and Medicine For The People

One way you take Yoga off the mat?

-Since establishing my yoga practice I have become much more aware of the little things which require gratitude. That sense of gratitude has followed me off of the mat and become active in all aspects of my life.

Anything else?

-Practicing yoga at Tapestry has been a great healing and learning opportunity for me. It has encouraged me to attend many yoga related events and seek out all that yoga has to offer. Yoga has transformed me for the better in countless ways.