

*Tell a story about a time your teacher made you laugh.*

I really can't remember when we didn't laugh in class. Alex has a way with humor; he uses it throughout his teaching. It's one of the things I enjoy the most about our classes.

*Tell a story about your yoga classes or practice.*

There is a core group of students that have been practicing for over 10 years together on Wednesday evenings. They are my fellow yoga students but also my friends. I love that and I'm so grateful for their friendship and our yoga journey together.

*What's your favorite pose and why?*

Ardha Chandrasana – its challenging and so beneficial. I have gastro issues and I can modify it when I need to against the wall. The pose is freeing, and I love that.

*What part of yoga philosophy is most present/meaningful/useful for you now?*

Sutra 1.33. We all need more of this these days!

Loving kindness and friendliness towards the happy, compassion for the sorrowful, joy for others and equanimity, or being undisturbed by events and not being drawn into judgement or contempt are the four attitudes that will bring peace of mind.

*What's different about yoga in Kentucky?*

We are a small group of Iyengar practitioners, but we are mighty! Many of teachers studied with Judy Rice, it's a great lineage to have.

*What brought you to your first yoga class?*

A teacher I was studying with recommended I go to one of Alex's classes (they are friends) and I was hooked from day one!

*Has your reason for coming back to the mat changed or evolved?*

Yes, as I get older and deal with health issues, yoga is my way in to work through what I'm facing. Its become a constant in my life and truly meaningful.

*Do you find your practice influencing other aspects of your life and if so, how?*

I hope so! I work to try and not hold onto things that I can control and be OK with where things are.

*Has there been any hidden benefit or result from practice that has surprised you?*

Studying philosophy helped answer a lot of questions I had. It helped me reaffirm my view of spirituality.

*If a friend asked you why you practice yoga and why they should give it a try, what would you say?*

Gaining insight into the connection of mind, body and spirit. Its helped calmed my monkey mind and has given me new perspective on life.