

A time I laughed in class

Recently during class my teacher Ruth Ann (Bradley) had us in Adho Mukha Svanasana. She was noticing that some students were looking back at their legs so their neck and head were curved and their spine wasn't fully extended. She talked about what a dog or cat does when they stretch. Next she said "press your paws down, lift your spine up toward your tailbone and press your thighs back." I had a good laugh as my German shepherd stretched into the pose!



What Yoga Philosophy Is Most Meaningful In My Life Right Now

Since COVID began my challenge and learning is living each day with Vairagya. I have recognized that I am attached to my home, our beautiful mango tree and butterfly garden. Our 13 year old daughter is probably my greatest teacher in that every day is different and I realize I cannot hold onto the way things were in the past.

A story about having fun with yoga

As a Mother of a 13 year old daughter I never know what each day will bring. The one constant is getting on my mat each morning. One day after I drove her to school I decided to have fun with her Squishmallows. I took a Squishmallow from her bedroom and put it into Sirsasana and Gomukhasana and took photos, then texted them to her during the day. She had a good laugh.



