

## September Community Leader: Kelsey Stoll

When I walked into my first yoga class, I was too shy to raise my hand in class. Fourteen years old and bright-eyed, I followed my mom into the heated room. It wasn't the physical practice that made me feel like I was finally exactly where I needed to be, it was the overwhelming sense of community. Everyone was breathing together. Something so simple that created a safe platform for everyone to learn about themselves. I felt the same curiosity I had when I was a child come back as I practiced. Each moment taught me something new about myself. I began to grow mentally, physically, and emotionally.

Yoga became a home base for me. It was always my safe haven through all the turmoil of growing up. Every bad day I had, I knew that yoga would make me feel better. It never failed. I got my teacher training when I was just fifteen years old. I started teaching almost immediately. I was so energized by the idea that I could share something that had touched my life so incredibly with other people. I taught at the University of Vermont and started a kids yoga program at the YMCA. But Forever Om Yoga was always my true home. The supportive community there felt like family.

I now have the privilege of being able to grow the community we have in Lake Forest to Vernon Hills as we open our new studio later this month. Every day I get to teach or practice at Forever Om Yoga. I feel unbelievably grateful for the family my mom has been able to cultivate and I cannot wait to extend it!

Look for Kelsey on the Vernon Hills Studio Schedule soon!