

# come together yoga studio

YOGA MEANS UNITY



February Yogi Of The Month



*What my practice means to me by Viola Saucier*

Life is not always about getting to the next place, but stopping to enjoy the present. This is one of the most valuable lessons that yoga has taught me, along with many others. I was always interested in participating in yoga classes, but never got around to it because I was constantly preoccupied with work and day-to-day responsibilities. I finally made it a point to fit yoga into my busy schedule and I was hooked. I started practicing yoga regularly at Come Together Yoga studio three years ago. At first, I thought Yoga would only benefit me in a physical sense. After many years of practice, I have realized how much Yoga has changed my life by helping me to be mindful and stress-free. It has helped me to pay attention to my posture while engaging in other workout classes, and has also helped me to utilize breathing techniques. The most challenging part of my practice is trying to stay focused and relaxed during Shavasana. This is something that I still struggle with, but I am continuing to improve over time. I want to thank my Come Together Yoga family and all of the instructors that continue to push me towards my goals each and every day. Namaste.