Come Together

Yogi

November 2014

What my practice means to me

by Freya Tumarkin

My involvement with yoga goes back at least 30 years when I regularly took Hatha yoga classes at Echo Park. But somehow life got in the way. I was busy with my family and career and I lost touch with yoga. After a hiatus of many years I reconnected with yoga at Sportset. About four years ago on an impulse I decided to take a class on a Sunday morning. Something very special happened that day. It was Flor's first time at Sportset. She was a sub and she was amazing. It was the best yoga class that I had ever experienced, and that's when I started practicing yoga regularly. Flor has been a big part of how I have learned the meaning of yoga.

Last year when Come Together Yoga became a reality I felt that a dream had come true. The studio is truly incredible. It is such a beautiful, tranquil place where I can practice yoga several times a week. And now Theresa, Sasha, Liz and Nikki (and of course Jennie, whom I miss so much) are also a part of how my practice keeps expanding.

Yoga has had a big impact on my life. It helps me to go within, center myself, and gain balance and inner peace. It also allows me to accept myself and be less judgmental about what I can do. Because it's non competitive, I can relax in the class and concentrate on my practice. The poses are challenging, the heat is intense, and yet I come away from each class with good feelings that stay with me. Through the practice I have learned to apply yoga to my everyday life. When I feel tense I know how to breathe and relax. I listen to my Yoga Nidra app when I am tired and it refreshes me. I keep striving to master the poses and to embrace the philosophy. Yoga is always with me.