

AUGUST 2014

come together yoga studio

YOGA MEANS UNITY

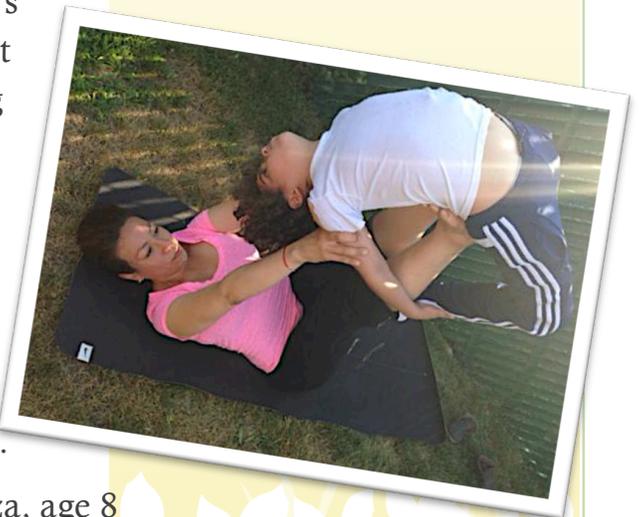
YOGI'S OF THE MONTH

It's a family affair...meet Vanessa, Matthew and Ethan...



What my practice means to me ... by Ethan Alexander Isaza

What my practice means to me... Yoga isn't about looking great in a posture, messing up and then getting angry. Yoga is about messing up, falling out of postures and getting back into it. It's about peace, love and compassion. When I'm falling out of the postures it's because I'm not focused on what really matters, it means I'm focusing on the postures instead of letting go, breathing and having fun. When I fall out of a headstand or even tree I smile. Having no balance means I'm paying attention to the physical part of yoga. When I let go of everything then yoga becomes fun and peaceful, even falling is fun. I still want to get better in the posture, so I push myself, but I also know it takes time.



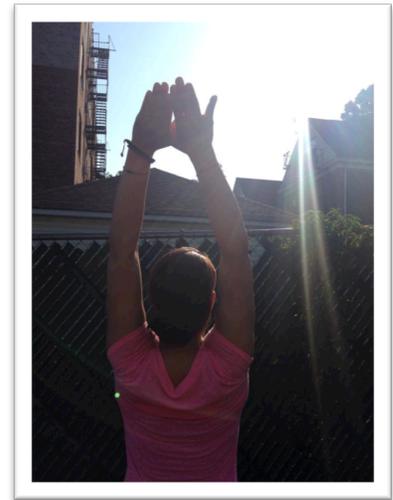
Ethan Alexander Isaza, age 8

What my practice means to me...by Vanessa Otero



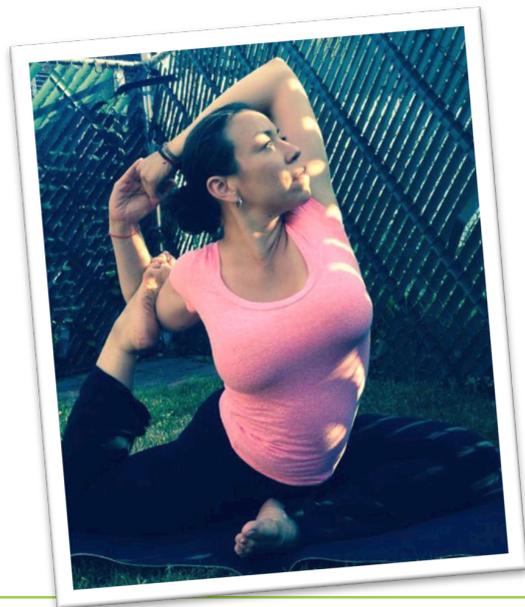
What my practice means to me... I had tumbled upon yoga at different stages in my life my 1st experience was when I was 11. But it seemed funny to me to have a 105+-year-old man telling me to breath really loud and not eat any animal products. Needless to say that experience didn't last too long. Then I did random yoga classes at the gym after my step classes but it was mostly just to stretch. Then 3 years ago I came across Bikram, oh man what an experience and life changer. At 1st I was like this yoga is

all about dying physically and losing weight. But then it became a different practice, as I had to start looking at myself. As I learned more about myself through yoga, I wanted more yoga and wanted to share it with my kids. This is when I came across Flor, "WOW" what a complete life changer. I came across her teachings for my youngest son Ethan. Even though I live in Queens I would travel to Long Island just so he could take class with her. That's when my practice changed. I was learning through him. His ability to be carefree and yet so focused in ways that I could only hope for, his passion and



ease made me love the practice even more. Now I have the opportunity to practice with my kids, and I love it. Practicing brings us to a whole other level beyond the physical and brings us as a family even closer. I am grateful for all the stages of yoga that I have discovered and the people along the way, who have all contributed in my life and in my practice in an enormous way. My yoga practice has become what helps me get centered and focused on the things that really matter. And by far has brought my boys and I even closer.

Vanessa Otero

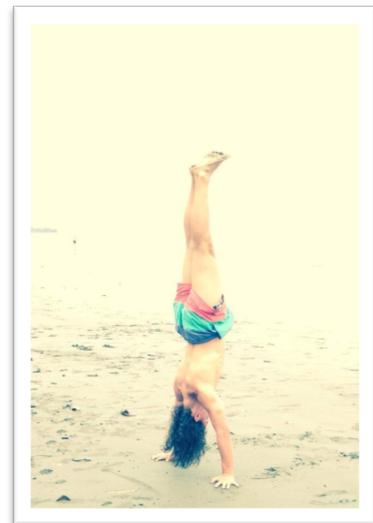




What my practice means to me...by Matthew Ospina

Well at first, I had always thought of yoga as a thing that could only have been done if you are flexible (which I wasn't, and I didn't care much for it). But after several times of my mom begging me to do my first class of yoga, I gave up on refusing and went to do it. After several classes of yoga I soon started to change, not only physically, but also mentally and emotionally. It began with my mom wanting to do it, and it being just about us and quality time, then it changed into something I've

grown to love and appreciate. The practice itself can be physical and will not only test flexibility, but also strength, balance, controlling your breathing, and controlling your state of mind. But the benefits are ample. It has allowed me to gain flexibility and balance but not only did it do that much, it has also allowed me to better myself mentally and emotionally. I usually was the person to stay quite and sit from the sideline, but as I continued on with yoga it allowed me to open myself up even more, and help me be more charismatic. Also because of yoga it has allowed me to grow emotionally where I have been able to cope with a profusion of negative feelings I've had



for many years and look past it, so I can grow from it. It's allowed me to open up like never before and because of my new found self I have been able to make friends that to me have become invaluable. I think yoga is amazing and I love to practice it whenever I can. Yoga is a time to spend with my mom, the person who has guided me in such a positive way, with my brother, its family time like no other; it has allowed me to grow mentally and emotionally but also to train myself physically. This is what yoga means to me.

Matthew Ospina Age 17

