



come together
“Yogi of the Month”
Brian Kessler



What my yoga practice means to me...
by Brian Kessler

It was one year ago, after talking with Dennison, and having him show me the locker room and the new yoga studio, he suggested that I try yoga. He said it would be good for my injuries. He said you have to go more than once to get the hang of it. Well, after my first class, I was hooked! Dennison turned me over to Theresa and the rest was history. She got me a mat, found a space for me, made sure I had blocks and a blanket. Flor was the instructor that night, needless to say I was well taken care of.

Being an out of shape weekend warrior, I was often injured. I would run marathons, half marathons, play beach volleyball and tennis, all without ever stretching, or warming up. I've had surgeries, broken bones, and injections from the result of all that.

Well, after 1 week I realized yoga had certain qualities that I liked. It was helping me heal from all the aches and pains. It was presenting me with new challenges. I was learning poses that I'd never heard of or thought that I could do. After watching my classmates do headstands I challenged myself, and now I can do headstands and forearm stands. Handstands are next! I think I perfected the tuck and roll. Sasha, Paul, Liz, Flor, Steven, Kristen, Nikki, Lauren, Jasmin and Janice, I've taken classes with all of you, and you guys are the reason I keep coming back. You all give me the encouragement and motivation to keep trying.

I have also found I have great classmates. I have the deepest respect for all of you. There is no better feeling than when a classmate comes up and says you are making great progress. So, after one year, I feel my overall fitness is great. I don't run marathons anymore, but I do run pain free. My tennis game is at its best and yoga is the perfect blend for my weekend warrior days.

So now my yoga practice means everything to me.
 Namaste