

HAPPY NEW YEAR

YOGI OF THE MONTH

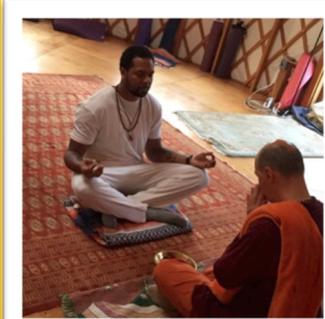
JANUARY 2016



WHAT MY PRACTICE MEANS TO ME BY...



DAMIEN HERARD



I have noticed that when I get a car, I never pay attention to the manual. I have a basic understanding of what the car can do and that is all I need. The Manual will sit in the glove compartment and collect dust and I will just ignore it as days, months, and years pass by. Yoga to me is the Manual sitting in the car. This Manual is here for me to understand how the car moves and what it needs to be taken care of. All the answers are there. Come Together Yoga is a place that helped me to remember about the Manual. I have practiced yoga very sparingly in the past, probably taking about six to seven classes and this past November the Universe conspired to have me attend the Yoga Bhakti Dharma School at Come Together Yoga. Coming to this school was just what I needed. It helped me to remember what I once knew.

I had the most amazing teachers that displayed the most admirable qualities you would want to find in a human being. They made sure to work with each student to their abilities so as not to feel like they weren't as good as the next person. Practicing yoga has become a way for me to move through life. It has given me a sense of purpose and I am truly thankful for that. What I learn practicing helps me in my personal life and I hope the light I am brightening inside myself shines through for people to see, so that they may want to shine just as bright for themselves. I give many thanks to the teachers and my fellow students for the time we shared! - Cinmaya