



March - April Yogi of the Month  
What my practice means to me...by Kaitlyn Bird

A little over a year ago I found myself sitting quietly on an old yoga mat in the back corner of Come Together. I was feeling anxious, and intimidated. I tried to relax my mind and sat in awe watching the other students. Wondering how they moved their bodies in and out of these poses. My youngest baby was about 8 months old, and my body was not the same as it was "pre-babies". Even though I wasn't feeling completely comfortable in my body, or on my mat, something kept pulling me back there.

I added more and more classes each week. Then, something changed: I stopped looking around the room and I started looking at myself; I noticed my progress, and I was proud of myself and my body started changing.

I'm not sure when the shift came but it wasn't long before my mind was doing most of the transformation. I listened to my teachers, and I applied their teachings to my everyday life. My life off the mat became more positive, my household became a calmer place - with 3 toddlers I didn't think this was even possible! My relationships were happier and healthier. I made so many new friends, and the community that I have become a part of has such a special place in my heart.

I've been accepted into the teacher training program at Come Together and cannot wait to further my practice right where it was born, with the people who made it all possible.

To me, my yoga practice is everything. It's become the way I live my life, the way I teach my children, the way I continue to learn from my teachers and fellow students. I'm still working on myself, my body and my mind.

But as I've already learned, "It's the journey, not the destination".

OM & Shanti