

What yoga means to me

Yoga does not give to us, it takes away to make us more aware. Yoga is a tool to control the volume in the mind. It is a way to turn down the ego, let go of judgement, reduce suffering, share grace to others and ourselves and to be present in the moment. It is a way for us to surrender to our true self, whatever that means to us.

Through a continual, intentional practice of yoga we use non-judgmental, self-reflection, breath and movement to still the mind. Doing so allows us to recognize the true, beautiful self that has always been there.