

## The Graham's Yoga Experience

Mick Graham, Margot Ross-Graham and daughter Hannah Graham are all avid Moksha yogis. Mick and Margot started their yoga journey about 4 years ago when a studio opened up in the strip mall close to their house. For both of them it was a refreshing change from the work-outs they had been doing regularly for years. Mick and Margot both had chronic back problems and as the weeks passed, both began to feel marked improvement. After a couple of years of Ashtanga practice, adding the element of extreme heat intrigued the couple. Their first experience was at a Bikram studio. Mick hated it, and Margot didn't like it much but since she had bought a week-long trial pass, felt compelled to go a couple more times. Mick was happy to abandon the idea.

A month or two later, Mick heard about Moksha from someone at the Ashtanga studio he continued to attend. He thought it may be another option but had not yet had an opportunity to give it a try. He did however pass on the recommendation to Margot.

Having been turned off by the first "hot" yoga experience Margot was not too quick to jump on another studio. She regularly came up with great excuses for why "today" was not the right day to start. However in early September 2 years ago all the stars aligned and she made her way to check out the studio. Her first visit timed almost exactly with a 30 day challenge kick off. Always up for a challenge of any kind she tried a few classes and then signed herself up. From that point on there was no looking back. Subsequent to that beginner week special both Hannah and Mick decided to check it out also.

It took a couple of tries to learn to cope with the heat, but now we are all addicted to the extra intensity of the work-out brought about by the heat plus the extra stretch the heat seems to allow. We are a hooked yoga family! Over the years we have brought many of our friends and our second daughter even signed up her entire soccer team one afternoon.

Hot yoga has meant different things to each of us. One of the things we all really love about Moksha is how it balances with all the other activities we like to be part of. Each of us plays on a different sports team and when we are not doing that we can be found at a gym. But the environment at Moksha provides a whole new energy that none of us had experienced before. We like the community, we like the challenge and we love that we can show up together, go our separate ways (which we always do) and get whatever we need from that day's workout. We particularly like that while we come as a group we are treated as individuals.

We think Hannah may be one of the youngest regular Yogis at this Moksha studio but after her own 30 days challenge success and we are sure she is hooked for life!