

I started yoga right after Christmas in 2009 after many months of resisting my wife's requests to go. She had been practicing yoga for about 5 months prior to convincing me to try it. I thought she was totally nuts and that yoga was all hocus pocus. Man, was I ever wrong! You see, I hadn't partaken in any type of physical active in over 15 years and I just didn't see how yoga was going to reform me. I was out of shape, over weight and suffered from sporadic anxiety attacks and sleep depravation.

One night, after my wife feed me a healthy quantity of wine, she convinced me to try it out. The next day she dragged me into Moksha, kicking and screaming. I couldn't believe I was actually going to do it! I think I nearly died in my first class, but it did serve as a wake up call to how unhealthy I really was. After we got home that night I felt like I had never felt before. I was calm, peaceful, mindful and euphoric. (Needless to say I slept like a baby that night.) It was at that moment that I knew yoga was for me. Once my beginner week special ran out I decided to really take the plunge and jumped into a 6 month pass.

It has been almost 4 months since I started practicing Moksha and I have attended more than 125 classes. I go every day, and twice many days. I have lost nearly 30 lbs. Yoga has alleviated my anxiety by 100% and I can sleep straight through the night now. I am stronger both mentally and physically and carry a sense of peace with me throughout my day. My relationship with my wife and our overall marriage & family situation has improved immensely. (And I am not shy to say that it has improved our love life as well.) I definitely started yoga for the physical benefits, but have discovered that the mental benefits are just as bountiful.

I have tried other types of yoga other than Moksha, both cold and hot. There is no doubt in my mind that Moksha is far superior to all others. There is an energy, a philosophy and an experience at Moksha that is not present anywhere else. The people are warm, the atmosphere is relaxed and there is an underlying positive vibe that creates an environment which fosters personal development.

Yoga has become one of the most important things in my life. It has truly changed my life for the better. I keep asking myself: Where has yoga been all my life???

Namaste,

Jeff