

What a beautiful honour to be able to share my story, thank you. Please forgive some of my dates as I am now dealing with menopause memory (63 years of age in June 2010 haha).

My 29 year old son Reid who lives in Vancouver had been raving about another kind of hot yoga for a good year before I even contemplated trying it. I had been doing regular yoga with a good friend for approximately three years and enjoying it's benefits and our time together.

As my son Reid expounded on the benefits of hot yoga, my 32 year old son, Bradley and I thought we would give it a try as well. Bradley was in a car accident approximately 12 years ago and sustained serious whiplash injury...He tried the medical route, i.e. drugs of all kinds and other modes of treatment ie. acupuncture, energy, etc. Last spring, Bradley and I tried one week of another kind of hot yoga hoping it would help us both. I have arthritis in my back, knees and hands. Needless to say, while attempting the grueling discipline it, I found that I needed to at least "touch" the wall to help me with my balance as I have inner ear issues and wear two hearing aids...This "sweet" 20 year old "teacher" came to me and told me to take my hands off the wall, that my body needed to get used to the poses....I thanked her, finished my week and secretly said my goodbyes. Bradley also found it to be quite grueling for the pain he experiences in his body, so he also did not return.

Divine intervention would have it, I mentioned my experience to my Chiropractor who shared with me that his wife, who is also a Chiropractor, had tried another kind of hot yoga but was now practicing Moksha Yoga and perhaps Bradley and I would find it gentle and beneficial. We started last June and have not looked back...I cannot emphasize the wonderful experience we are having with Angela's studio. We have tried several times to practice from 6:30 am, 12:00 pm, 4:00 pm and also 7:00 pm. They all have their own unique energy and I have enjoyed the experiences I have had at those times.

The studio is very welcoming, warm and lighthearted...the moment one opens the door, one feels the positive, accepting energy. It is a joy to see the camaraderie amongst the staff and the caring manner they greet us. PLUS I'm allowed to touch the wall while I practice some of the poses that I know if I didn't, I would definitely lose my balance. I love the encouraging nature of the teachers, the promptings they give us as reminders (ie loosen your jaw (haha)). The momentum is challenging yet they seem to be in tune with just how far to bring us and when to let up.

If I could, I would attend 7 days a week but for now I can manage three times a week and I have found that it helps tremendously with my aching spine and knees. Also, the clarity of mind after the practice is quite noticeable. I am in awe that I have discovered this at my age and though I cannot do some of the poses as beautifully as I see the younger set, I feel so thankful to have been brought to your studio at this time in my life...It is a very healing and peaceful way to connect with my body and my Spirit and I thank you all for being instrumental in making this part of my life journey possible.

Bless you and Namaste

Suzanne Overton

P.S. I forgot, you wanted to know my favourite pose....are you ready? ....The shavasana before and after the practice haha ....and every pose in between have their own gifts to give.