



## How Yoga Saved My Life

I don't remember exactly when I first started practicing yoga, but I distinctly remember falling in love with it about 11 years ago when I finally took the leap and tried a class versus sticking to a video. For me, an in-person experience made all the difference in the world.

Within the walls of that yoga room, I discovered my sanctuary. A practice within which I could retreat whenever life got to be too much. A sanctuary where I discovered my physical, mental, and spiritual strength. Where I encountered a community that encouraged personal growth while also emphasizing complete acceptance in the present moment.

**Yoga has been my companion during both the lightest and darkest of hours of my life.**

It helped me thrive through two pregnancies and navigate child birth without panic and less pain. Yoga got me through the wrenching experience of watching my dad eventually succumb to cancer and not lose hope or collapse in despair. It's helped me cope during my own health set-backs and facilitated healing from within. And most recently, it's allowed me to weather the emotional storm of divorce and resulting transitions with more peace and compassion for all those involved.

**The lessons I've taken away from yoga are numerous and continue to flourish as I commit to a lifelong practice.**

Yoga has taught me to love and accept myself in all my strength, but more importantly, in my weakness and brokenness.

There is joy and freedom in surrendering and letting go.

It's when I get rigid and hold tight, whether that be literally in a muscle or figuratively in the sense of being attached to a specific viewpoint or outcome, that I create my own misery.

Yoga as a physical practice does wonders for toning the body in ways that are completely different than traditional weight lifting.

Humble places invite discovery, growth, and transformation.

Our breath is the single most under-utilized tool we have at our disposal for coping with stress, unpleasant feelings, thoughts, physical tension or pain.

Sometimes the best thing to do when experiencing intense feelings or thoughts is to do nothing. Instead of (re)action, be present in the moment.

The mindfulness yoga cultivates within me has carried over into other areas of my life; resulting in improved eating habits, enriched relationships with others, mental focus, and greater happiness.

Everyone has their own unique experience and it can take a while for the lessons to become apparent. I know how much yoga has enriched my life and that is why I'm so excited to share it with others.

I invite you to join me in this wonderful journey called a yoga practice. Let me help you create your own sanctuary from the stresses of life and discover how yoga can enrich your wellness in multiple ways. Whether it's in the form of a home practice, joining me for a class, or a premium private yoga session geared specifically to you, I welcome the opportunity to share the journey. Reach out to me and let the transformation begin!

Wishing you peace, joy, and health this holiday season.

A handwritten signature in black ink that reads "Shelly". The signature is fluid and cursive, with a slightly larger "S" at the beginning.

**Live with Intention, Love Yourself, Create Balance, Fulfill Your Purpose & Thrive!**