



When I was 18 I got really sick. I was going to school for modern dance and literally in one week i went from dancing several hours a day to dropping 10 lbs of muscle and becoming totally bed ridden. I was unable to move, roll over, or even lift a leg. My body was in a state of chaos.

So, long story short, after being poked and prodded, sent to all types of hospitals, and being diagnosed with everything including lymphoma (cancer of the lymph system), I gave up and started thinking really hard about my life.

I knew i wanted to move my body; I wanted to ride a bike and do yoga, but I WANTED TO DO IT MYSELF. Without doctors, and tubes, and needles, and strange paste-like substances to drink on empty stomachs. I put out an intension and began one step at a time. I got on steroids to lessen some of my pain. I got restorative yoga videos and began stretching on my bed, then moved to the floor. I went to Boulder, co with my sister and boyfriend because the dry climate was supposed to be good for what was finely diagnosed as Stills Disease.

With the money I get from the government (disability check) I bought a bike and signed up for a Bikram yoga introduction for 20 bucks and limped in. It was amazing. The teachers were positive and supportive. I felt urged to try the postures but not intimidated and after two weeks i was riding my bike and ready to lower my steroid dosage.

This yoga is so powerful and caters to the fast pace of this generation. More and more people are developing disorders and disease at such early ages and the medical systems don't have the resources or the philosophy to keep up.

Bikram did it. If we are going to be an intense and constrictive world then we need a system just as intense and OPENING.

I cannot think of anything else i am more passionate about. I have first handedly experienced the power of self-healing through a brilliant technique, and that, self-empowerment, is a gift that radiates endlessly.

