


I started practicing Bikram Yoga in the summer of 2004. I was at the time dating a man who was passionate about and dedicated to practicing a certain form of martial arts. He consistently made time to attend classes every week, and swore it kept him fit and mentally stronger than he was before he practiced. I remember thinking “I’d like to have something physical that I’m that passionate about, that’s so important to my wellbeing”. I was looking for something that would have a more profound effect on my whole self than simply running or working out at the gym - things I had done up to that far in my life, which helped me feel good, but I wasn’t passionate about them.


At that point I had gone to one Bikram Yoga class a few years earlier and for whatever reason, didn’t feel the pull to stick with it. But this time when I was consciously thinking about practicing something that would become an integral part of my lifestyle, fitness and overall wellbeing, Bikram Yoga was the first thing that came to mind. I had a feeling that it would fill the needs

I was now consciously seeking out. I started going to classes regularly that summer, and by the end of the summer, it had become all of those things.

Since starting my practice then, this yoga has been my foundation through several life changes, sometimes being the only constant. Times of difficulty and upheaval when I could barely eat or sleep, yoga was there, and I went when I didn’t know what else to do. I love the consistency of the practice. No matter what state of mind, body or health I’m in, I know that class will be the same 26 postures in the same order in a hot room, with a supportive community of people around me.

I currently work as an RN in a busy emergency department. If it were not for yoga, I think I’d be close to burning out in that job and on many occasions, possibly just not going back to work. I often joke that I go to yoga





when I'm not working in order to detoxify from the (supposedly) healing environment in which I work.

This yoga makes me feel good. It makes me a better version of who I am, and that affects everyone around me, including patients, co-workers, friends and family. My father always told me to "do what you love" for work. He said it

was the most important factor in choosing a career, and he spoke from a position of having chosen a career that he could barely tolerate in order to make a good living. My problem was that I was never sure what I loved, and changed my mind many times before choosing nursing because it was a practical and versatile field with job security. I don't regret that choice as I have found a niche in the profession I like. But, and I got goose bumps on the way home from yoga this morning as I realized this truth, this yoga is what I love.

I want it to be more a part of my life than it already is. I want to teach it to others in addition to practicing. Teaching is the next logical step in my commitment to this yoga.

