



### ***My personal note***

I embrace Yoga as a way of life, I took my first Yoga class when I was 18 years old. I arrived in Los Angeles from Sweden in 1994 exploring, seeking and discovering what else there is. Throughout my life I have been on a search of making sense of it all and after I stepped out from my first Yoga class I knew this was home for me. Yoga became my map to heal, find discipline and direction. The feeling I got after a class I wanted to have every day, I found myself in a world that brought out the best in me.

I dived into years of meditation, practicing the asana, studying all the books I could find about Yoga, spirituality and different philosophies.

The practice of Yoga gave me the gift of understanding that even in the darkest place there is light and with each obstacle there is an opportunity. I truly believe Yoga prepared me for a profound life altering experience I had a few years back. This experience turned out to be the greatest gift of my life. It was my moment of truth. I feel I have a deeper appreciation for life, humanity and myself because of it.

During this time I received love and support from people from all over the world something I before didn't know existed. It humbled me in the deepest way. Having people reaching out, wanting to help, taught me the gift of receiving, to fully surrender and know it will all be ok. I now live each day reminding myself of what is important, and letting go of what is not. When I fall; I pick my self up; when I am tired I rest.

I no longer worry, I don't strive to be perfect, to be in control or push myself beyond the limit. I realize ultimately I am not in control and when I walk my own beat that is when it all unfolds beautifully. I am filled with so much gratitude to have come this far. I am here. I am alive.