

Yoga 1 HLAC-1057-007

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Let's go back a few years where my journey begins. Four years ago I tipped the scales at 350 pounds; at least that's what I would tell myself, because my home scale only went to 350. Yoga, was part of my 'if only' life. After losing my mother to a massive stroke, I knew it was time for me to do something with my life. I began to combine all my failed diets and concentrate on the things I liked about each of them. No magic wand or pills, just common sense. All of my diets consisted of the same thing, eating healthy and exercise, I knew what had to be done and sticking with it was going to be my success.

Today I am 200 pounds lighter and catching up on past dreams. This class has taught me the importance of my inner self and how it needs to be cared for. I love the fact that I don't have to be a yoga guru to enjoy the health benefits of yoga. I will continue to grow and learn, mostly because I feel so incredible when class is over, every inch of me seems to relax. I will continue to exercise, because it's what needs to be done in order to live a better life. Exercise was the key factor to my weight loss and as long as I am able I will continue to strive. What I have learned from class is; it doesn't matter how big your move is, it matters that you do what your body is able to do. Enjoy the stillness of the moves and listening to your breaths, so simple and pure. I enjoyed this class; my instructor was helpful and always encouraging. I do see yoga 2 in my horizon.