



Name: Peggy Dyer

Age (optional): 39

Years Practicing: 3

Why did you start Yoga?

A friend and I wanted to jump start our weight loss and get toned in the process, so we enrolled in a class. I soon realized that yoga was a journey, not something you could conquer. Yoga is uncomplicated and simple, requiring nothing but a still mind and a mat. Yet yoga is one of the most challenging physical activities that I've ever tried. After practicing for about a year, I found Colleen and Pink Lotus.

How has life changed as a result of your practice?

My yoga practice has been an enlightening journey. Through small flexible movements and breath I've found both mental and physical strength, flexibility and balance. The heightened mental balance is something I take with me to my life off the mat. I take the positive energy I gain from my practice into my home, my classroom, and my personal relationships. One of my favorite quotes is, "To the mind that is still, the whole universe surrenders." Lao Tzu. When the universe surrenders, it puts the world into perspective; especially during those times when I need to regroup mentally, I return to my yoga mat, and after an hour of flowing through the poses and postures, I'm restored body and mind.

Favorite Pose and why?

Warrior 2 is one of strength, balance, and calm. When I'm in this pose, I'm engaging many muscles. I can feel both sides my body at work. My feet are firmly on my mat and I can feel my toes working to steady my core. By using my breath I can deepen the pose, gaining strength with each inhalation and exhalation.

Why would you recommend Yoga to others?

Yoga has helped me to realize my inner strength, accomplishing goals I once thought unattainable. Even though I'm asthmatic, I've completed a handful of 5K races. I attribute my success to my yoga practice. By doing breathing exercises, my stamina has improved.

As someone who has struggled with body image issues most of my life, I wish I had a resource like Pink Lotus when I was a teen and even a younger adult. During a class I'm empowered by the women around me. There are many sizes and shapes with one common factor: strength. Some days I'm not as strong or flexible as other days, but I now know not to be in competition with myself - Yoga is a journey. The body I've been given is strong, powerful and beautiful - I can achieve. This is a mentality that I would pass on to a daughter or sister.

During meditation, I have sent my positive energy to people who come into my quiet mind. Those people have responded to this energy by experiencing a good day or connecting with a family member. One friend has even joined me at Pink Lotus, and we take classes together. This exemplifies the quote, "If you light a lamp for some one else, it will also light your way. Pink Lotus: Colleen, Rebekah, and Kim have been my lamplighters.

~Namastae