

Book Lover — Out of the chair and onto the mat



Diane, 55

Plank Pose — with a smile

I'm probably in more book clubs than anyone I know — I'm a voracious reader. I go to all kinds of theatre. I love to travel, and I used to be a travel agent. I have a journalism degree, so maybe I should be a travel writer, but for right now I'm an armchair traveler.

I got started in yoga one year ago. I took a class or two of regular yoga, and wasn't in love with it. I really didn't like the emphasis on breathing. When people tell me how to breathe, I get nervous. I read an article about Abby in the paper, and I thought 'Why don't I try that — it sounds very low-key.' And sure enough it was. What was extraordinary about Abby's class is that instead of watching the clock, waiting for it to be over I was amazed at how fast class went — even sad that it had gone that fast.

Yoga class was totally pleasant, just like a vacation in the middle of the day. I go to a noontime class and it takes me away for an hour. Abby is very nurturing and positive and respectful, and her voice stays with me long after the class has ended. Her sayings and instructions help me all day — when I'm brushing my teeth I hear her voice, when I'm in the grocery store I hear Abby's voice. It's a wonderful thing, or I wouldn't be still with it after one year.



Yoga is very non-threatening, and is an adjunct to my other exercise. I have medical issues, of course, like everybody, so I do dance classes and personal training. Yoga does something else. I feel like I've exercised when I do yoga, but it's not the same thing. It's more of a stretch for me.

Inspiring others to do yoga has been frustrating to me over the last year, because I have encountered several people who I thought would really love it, but they won't try it. I understand that because I'm very fearful of change, too, hesitant to try something I think I won't like or I'll be embarrassed doing. But if they ever came to one class, they would be hooked, because her classes are so non-judgmental. No one's looking at you, no one is looking at your body, or your clothes, or whether your shirt is coming up to your belly button. Everyone is focusing on their own challenges and positions. But then yoga is more than just the bodywork, it's also relaxing. Yoga's like going back to a baby state, because all you have to focus on is what's going on in your crib, on your own lap.

Abby comes from a place of respectfulness. There's nothing artificial about her. She's so warm, and you go, 'I want some of that.' Whatever is emanating from her, you want to be around it. ♥

HEAVYWEIGHT Yoga For more information on HeavyWeight Yoga or to buy the HeavyWeight Yoga DVD visit HeartFeltYoga.com, ebay.com or amazon.com Questions? Contact Abby at Abby@HeartFeltYoga.com