

Best Friends in Austin

Sue, 59 (left)

Susan, 64 (right)

One arm Trust Pose with heads up for the camera

It's often thought that Trust Pose must be matched with people of equal weight and height, but it's matching energy and effort with lots of communication that will ensure both people receive a wonderful stretch to their lower backs.

Holding on to the insides of each other's wrists, step back several feet; bend your knees; drop your head to arm height as you reach back with your hips. Find a nice long back and remember to breathe, as well as talk to one another about your level of stretch. Doing Trust with one arm, as shown here, adds a gentle twist that lengthens the shoulders and side body as well.

If your best friend is not close by, you can always use something stable that's about waist high to hold onto. I like to use the kitchen sink when at home, a bathroom sink at a pit stop when on a long trip or to break up a long day at the office. ♥

Sue's Story

I began my yoga instruction under Abby in 2006. After reading an article about HeavyWeight Yoga, my friend Susan expressed an interest in "seeing what it was all about" and invited me to come along.

My entire career had required me to be afoot for over 7 hours of every workday. That factor, plus my "extra poundage" had some negative effects on my physical body — arthritis, sciatica, constantly sore muscles, stiff neck, tight shoulders, my bones even hurt. Living with all that pain became spiritually draining as well.

Through Abby's gentle guidance I have learned breathing, stretching and meditation techniques that enable me to release built up tensions — be they emotional, muscular, or skeletal. By joining my mind, body and breath I achieve a better sense of contentment and inner peace — although I am not pain free, I can say that my physical maladies have become much more manageable. ♥

Some people come to HeavyWeight Yoga not because they are heavy, but in support of the wellness of a friend who is.



Susan's Story

I read about Abby and her yoga class for hefties in the newspaper. I had regularly done yoga in the past (it's one of my favorite forms of exercise) and thought it would be good to start it again. I was also looking for a way to exercise with a friend of mine who had serious physical and weight limitations. We had tried walking — didn't work for her. We had tried aqua aerobics — didn't work for me. Why not try this?

We both ended up absolutely loving it. Finally I felt we had found a way to exercise that allowed us each to work to our individual levels within our varied health issues. Abby is fun, supportive, knowledgeable and passionate about her craft and communicates that to her students. She makes it possible for me to get maximum benefit through yoga despite my age and injury limitations. Plus, I have the added pleasure of participating in something I love to do with a friend with whom I love to spend time. ♥