



YOUR BODY IS IN LOVE WITH YOU

To me, “your body is in love with you” means your body will do anything you ask of it. If you ask it to sit in a chair all day, it will stretch, tighten and contort until your frame has been knotted into this perfect seated shape.

Yoga is here to help. With mindful breath, self-reflection, meditation, movement and all these other beautiful, helpful tools I have for you, we are able to reshape our bodies and our framework, promoting health and quality of life.

This book is filled with tips and tricks to keep you safe; specifically, during movement and breath, self-recovery and exploration time. The countless hours of sweating your heartaches out on your mat. The moments where you feel like you could expand east and west on your mat and onto the yogi’s next to you...only then to remember your bum knee. This book is designed to teach you second nature cues and modifications to keep you safe in your body during your practice.

It is my hope that these teachings will keep you safe and returning to your practice for years to come.

{ Welcome! }
