

YOGI WRITINGS

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Yoga has been life changing for me. Brenda and Kathy enjoy telling the story of when I first started yoga. Apparently I said “ow” with every movement. (I remember every pose was painful, but I don’t remember saying anything out loud!). I remember thinking “This is nuts, how will I ever be able to do this?” My body had quite a few ‘issues’. Brenda was so supportive, modifying poses I struggled with...which was pretty much all of them. I wasn’t sure I’d ever get it, but somehow I knew it was what my body needed and I should stick with it.

I didn’t really get restorative at all. The poses all hurt! I wondered what exactly I was restoring. Brenda had to modify everything for me. It seemed like by the time she got all the extra props in place it was almost time for a new pose (which was usually fine with me). I couldn’t understand how everyone found it so relaxing and liked it.

Slowly it all started to change. I didn’t even really notice at first. At some point I realized the poses were easier and didn’t hurt all the time. The back problems I’d had for years began to go away. I started to feel like I could do this stuff. I didn’t dread restorative anymore, and eventually came to love it.

After awhile my friend, Elizabeth wanted me to stay for a 2-3 class with her. Brenda politely suggested that wasn’t such a good idea and I should stick with the 1-2 class where I was doing so well. I was relieved. The classes I was going to were still a lot of work. I couldn’t imagine



what hard stuff they must do in the 2-3 class. Eventually Brenda said I was ready for a little more challenge and should try the 2-3 class. I was excited, but also intimidated. I felt I had to know what I was doing, that I had to prove I was ‘good enough’ to be there. I even relinquished my preferred front row spot to be in the back. I wanted to be able to see everyone else.... hide out in case I was doing something wrong or didn’t understand what to do. All this worry used up a lot of energy. Once I realized this was the wrong attitude I was able to relax and enjoy the challenge of the more difficult class.

A year ago I fell and injured my back. When I returned to class, I learned about the healing power of yoga. My first class back I was still in pain. I was able to do part of the class and then Brenda covered me with about 10 sandbags. The pain relief was amazing. When everyone got up from savasana



Brenda told me to stay there and absorb the OM. I thought this was a really interesting concept. I wasn’t sure how it would work, but I couldn’t move anyway until the sandbags were removed. I was amazed. It was incredible. I could actually feel the sound.

The OM at the end of class has never been the same for me since.

Today I feel I have a completely different body from the one I walked in with to that first class. I’m constantly gaining new awareness of how the physical and emotional are intertwined. I find it interesting how some parts of my body can easily do a pose. Other parts (my hips for example) have so much more difficulty. I’ve come to accept that this is just the way it is for my body and in time even my hips will be able to do more. (They’ve already come a long way) Brenda said something recently about this that has stuck with me. She said “It’s not about how the pose looks on the outside, but the stretch your body is getting on the inside.” So, I’m actually doing the pose even when my body doesn’t look like it.

Yoga has become part of my life. I can’t imagine not doing it. My home practice is a little weak...ok,

basically non-existent, but I love coming to class. To me the studio isn’t just a place to practice yoga. It’s a community. It’s a place to come for peace and quiet...a retreat from our busy lives. At the same time it’s a place to come for social interaction and connection with friends. I’m so glad I have this in my life.