

# YOGI WRITINGS: Judy Ransberger

I was a little nervous walking into my first Yoga class at Valley Yoga. I didn't know what to expect. I was very familiar with basic Yoga poses and had been practicing at home for probably 15 or 20 years, with TV shows and video tapes, then DVDs. But never with a class full of people and certainly not with a live instructor. My friend Barbara had been to class and encouraged me to join her. So off I went on a Thursday evening in August or September, a little over a year ago, to my very first real live Yoga Studio class.

I walked in a little early and the studio felt peaceful and comfortable. Brenda welcomed me and explained how to sign in and pay for class, and showed me where the props were located. I immediately felt at ease, like this was a place I belonged. I remember the first class being challenging but not totally foreign. Other students introduced themselves and were very friendly and encouraging. Brenda's corrections to my alignment gave me more than one "aha!" moment, and I knew I would be coming regularly from then on.

Yoga for me is work and alignment for my body and mind, and growth for my soul. I absolutely love the challenge, and find Brenda's words during class speak to me like she knows what I need to hear sometimes. It keeps me growing and learning "in any amount." I never thought I would be able to kick up to handstand, or hold chaturanga, but I have and it is amazing! I continue to improve with every class, and continue to work to find balance in my yoga practice "between effort and ease."

I find it incredible that in my 50's I can still physically improve my strength and balance, but also know my body and mind better, and become more centered and at peace amidst the trials that one encounters in the journey of life. Valley Yoga indeed has become my place where peace and harmony abounds, and I then attempt to keep it flowing thru me in all my endeavors.

Namaste

Judy Ransberger

