

# YOGI WRITINGS: Patty Moore

## Constant Companion

Yoga has been a constant companion for me for 39 years.

Like all relationships  
it has changed over the years.



Yoga came to me when I finally realized that ballet was not an option. In the classes I was attending, the oldest students were teens. I was in my late 20s. I found a class for "older" woman. It was a 6 week beginning ballet class. I thought I had found my dream come true. All the students were my age or older. We worked hard and had a lot of fun. I was sure it was a life commitment, until week 7. I walked into the studio to find a whole new group of women. The instructor informed me, tongue in cheek, that my class-mates had all gone on to cake decorating!

Fortunately about that time, 1976, I heard of a yoga class starting in Three Rivers, where I live. I had read about yoga but had never seen it. This pre-dated Iyengar style yoga.

Our classes were held in one of the student's hotel lobby. No mats, block, straps etc. It was fun and a good transition from ballet. In 1979, three of the us, including the instructor, serendipitously became pregnant at the same time. Our only limitation was our expanding bellies. There was not much information then on yoga and pregnancy. Fortunately the other students in the class were supportive.

The class continued for a number of years through stages of baby to toddlers to young children. It went from a mommy and me class with everyone passing babies around to hiring a sitter. We continued for a number of years until our instructor moved to San Diego. After our instructor left, the remaining students got together to practice. There were many times when only one or two, or none, made it to class. I practice on my own, but found myself rushing through to get on to other things. I had a base knowledge and was able to take occasional classes with friends in the Bay Area.

In 1996 a new yoga teacher moved to Three Rivers. Susan turned out to be a very dedicated, wonderful yogi. It was in her class that I became friends with Brenda. I learned more of an Iyengar style of yoga using props and some breathing techniques. Susan encouraged me to assist and substitute for her, saying that it would deepen my practice.

In 2009, much to our dismay, Susan moved out of state. Her students had a big decision to make. We decided to continue the studio as a cooperative. We share the duties of running a yoga studio. We have been successful. We still enjoy each others company, welcome new members and we just celebrated our 5 year anniversary. Also, as Susan said, to prepare to lead a yoga class, one becomes more aware and knowledgeable about the practice of yoga.

My next phase will be spending the week in San Francisco babysitting my grandchild. For the next few months I will not be able to lead my regular classes at our Three Rivers studio. I am looking forward to taking classes in San Francisco and watching my grandchild grow.

Namaste,

Patty Moore

