

I am passionate about living to the fullest of my life. My yoga practice enhances all of my passions, my passion about connecting to the nature, to each other and to the source of our being. I choose to be a Yoga instructor because I want to share the mental and physical benefits I gained from Yoga. It is one of the most rewarding things in my life and something I try to improve myself every day.

I started practicing Yoga when I was in the college 10 years ago. It was very hard for me in the beginning, but once I started to get more flexible, I immediately felt the change in my body. It improved my flexibility dramatically at first, some seemingly impossible poses become possible for me. Later I felt my back and joints pain were gone, I became more relaxed and at ease, and I was sleeping much better than before. Ever Since Yoga becomes my best friend and I have developed my own practice at home. I kept practicing even through my whole pregnancy.

I started Practicing Yoga during my second trimester and kept practicing until the last day. Physically, it helps maintain the muscle tone, especially for the back and pelvic muscles, releasing tension of lower back, hips, chest, neck and shoulders. Some standing poses also helped reduce swelling of my body. Through deep breathing, it helped calm the nervous system and help me sleep better and bring me more relaxation. Besides, by consciously focusing on what is going on within my body while doing each pose, I become more aware of what is going on within, building a great connection with my baby. I found myself doing gentle forward bends and hip openers the day that I gave birth, and I continued some soft Yoga poses after the delivery. It helps in speeding up recovery, relieving lower back pain and comforting the strained muscles. After 3 months, I was already back to shape and fully recovered.

I want to be a Yoga instructor because I want to share my story with others, showing them how powerful Yoga is changing and benefiting my life. I want to help people find a real healthy way to fully enjoy their life. I currently work as a Chemist in an international corporate company. I see most of my co-workers are suffering from stress at work and they have similar problems such as back pain or shoulder problems. I was wondering if something that could alleviate people’s stress and pain would be a great benefit to the industry and society. While Yoga has been proven to be a great tool dealing with stress and anxiety, creating inner peace and calm, managing pain and improving health. I’m thinking if introduce Yoga to the different workforces, helping busy professionals release pain and be happy, that might also help company increase the efficiency of the workflow. Based on that, I decide to be a yoga instructor in the business world helping them find a fresh look of their body.