



MARCH YOGI OF THE MONTH

Ginger Taylor



Yoga was presented to me by my physician as an option to improve my mental and physical health. The very first class I attended was hard, not what I expected, but when I walked out of the doors of Yoga Flex that evening, I was sold. I did feel better, my head was clear, I was relaxed and I felt strong, and I was proud of doing something that I never thought I could do, and that was two short years ago. Each class brings a group of similar folks together led by intelligent, skilled, and gifted instructors. While we exercise, we are coached and cued to a new mental and physical level, and somehow the instructors seem to know where we are and what we need. Yoga is the surprise party I have always secretly wished for.

Living in the present,
Ginger Taylor

