

Haleya's Yoga Story

I came back to yoga about 12 years ago after a very long hiatus. I was very stressed out and decided to take a yoga class at the gym I belonged to. It was absolutely life-changing. My stress level dropped significantly in just one class and I realized that this was an important path of healing that also corresponded to my other healing modalities that I use such as Reiki. Still, I felt the same resistance to going to a yoga class that many of us encounter: Do I really have the time and energy for this?

I finally committed to once a week class and stuck to it despite my resistance. Within a year I was going twice a week, but still with some resistance, even though I knew it made me feel so much better.

Then something shifted and I found myself WANTING to go to yoga. I rarely missed my two weekly classes. Yoga became my refuge, my sanctuary, my sanity. Then I heard a very, very small still voice popping up out of the ethers, "Take yoga teacher training".

HA! If you know me you know that with all that I teach, I have no space in my life for yet something else. Still, the voice was so very sweet and very inspiring. I listened to it for a good three to four years. And then it became louder and louder....and louder. I toyed with looking at schools, but nothing seemed to match. Plus because I teach Reiki and other classes nearly every week, going to yoga teacher training seemed really impossible as well as wildly impractical.

And yet, the feeling was so strong that one evening around 11pm, I challenged that not so still small voice. I literally thought, "Okay Spirit, if I am supposed to go to yoga teacher training, then you need to pave the way...right now." So I opened my computer. Yoga Center Amherst was staring back at me. It was like our eyes met for the first time. I assumed our schedules couldn't possibly synch and even if they did, I couldn't give up my one precious weekend a month off from teaching my other classes.

So after taking a deep breath, I opened up the page with an attitude of, "See Spirit I told you it wouldn't work. I have surrendered and now we can put this to rest. It will never work out." But when I clicked on the YTT program I learned that Body Mind Centering® was at the heart of Embodyoga®. Body Mind Centering® was a training one of my BFFs begged me to take when the creator of it was still teaching regularly in the area, and I had refused. And there it was, all of it, right in front of my face. Still, I knew the dates would make it impossible to pursue. But at least I could say I tried! Well, serendipity never fails. Alignment never fails. The weekend trainings 100% miraculously matched my schedule! Holy cr-p. This is real!

Opening to the flow, I found the lead teacher for the program, Corrine Andrews, was teaching a yoga class the very next morning, so I went. It was an amazing match. It felt like I was coming home. To what I wasn't sure. I took about 3-5 days to send in the deposit, and only at my husband's prompting. "What are you waiting for?" he said?

Oddly enough, I resisted the thought of teaching until about the 10th weekend of the program even though I already knew the yoga niche I wanted to work with and had already taken other yoga trainings aligning with what I wanted to specialize in.

Spirit truly catapulted me into this work. I am deeply grateful for it for so many reasons. Perhaps the most important reason is that personally I have been able to heal my leaky gut and my severe digestive problems. I've learned (learning) how to relax at a deeper level. I've been able to get over a two year stint of insomnia. I've been through a moderately severe shoulder injury that yoga has helped. My posture has improved. I've found more flexibility than I ever thought was possible. I breathe better. I feel more in control of my body, my mind and my spirit. This is what yoga can do -well, what we can do when we choose to make yoga a part of our lives. And that is why I am so excited about teaching yoga, because I can pass along the wisdom of what has helped me and the wisdom that science has confirmed about yoga. Yoga works...for pretty much everything.

There is a saying: we teach what we need to learn. Yes. I couldn't agree with that more! I am learning and healing every single day thanks to yoga. I hope you'll join me in this incredibly deep and rich tradition, passed down through so many generations and from across the ocean.

Currently, if I miss any of my 3 yoga classes I go to every week I can really feel the difference. There are no more should's or no more have to's about going. I just love yoga and all that it has brought to my experience and my body here on this Earth.

And finally, a thank you and a bow to Patty Townsend for pulling together 3 traditions to create Embodyoga®. This woman is truly a master. And to Corinne Andrews who is most aligned with my speciality or area of interest: resetting/healing the nervous system. And Onatah Stoll who helps connect me to the sweet earth and my soul over and over again. All three of them are endless portals of wisdom and asana. And to all of the other teachers not named at Yoga Center Amherst for maintaining an amazing space for healing and growth for me and to the many students who arrive on their doorstep.