

My Yoga Journey with Yoga Professionals

I have always been into fitness and exercise; however I had never had a go at Yoga. Although Yoga has been around for many years, I only began to hear about it ten years ago. As they say; 'you only hear what you want to hear!' I started to search on the Internet to find out about the nearest Yoga classes to feed my curiosity but could not find any in my area. A year later one of the Indian channels started to show Yoga exercises and I started to follow it by watching it on the t.v. but did not follow it through on a regular basis.

I was busy with my life raising two boys, working part time and juggling around family life and soon got to the stage where I had to start to work full time as both boys were at senior school. I started to feel very tired and put on weight despite going to the gym three to four times week. At first I put it down to my age as I had just turned forty! Due to this tiredness, I did not have the energy to do anything I suddenly remembered that I should follow the Yoga breathing exercises that I had watched on a TV channel a while ago. As a result I started practicing and at the same time also went to the doctors and had a blood test done. I was diagnosed with mild underactive thyroid and the doctor was prescribing thyroxin steroids which I refused to take.

At first it shocked me and I started to analyse my lifestyle. Although I was very busy, I was following a healthy lifestyle by going to the gym three to four times a week, eating freshly made food everyday and eating lots of organic fruit and salad. I decided to practice Yoga religiously and switched on the Yoga channel every evening and keenly followed. Within three months my blood test results were back to normal without taking any medication and the only change I had made in my life was practicing Yoga!

This was the turning point in my life. I started to practice Yoga everyday and also encouraged my husband and both of the boys. Soon it became a family routine to sit together at 7pm for an hour practising of Yoga. I must admit it was a hard job convincing my husband but he soon became a practicing Yogi as through Yoga he got rid off his sinus problems, which he was suffering from for years. I was now happy with this routine and my life, as through Yoga we were having quality family time every evening.

It was Easter time and I had four days off, so I decided to do spring cleaning and stupidly climbed onto a bath tub to clean the tiles to reach the top. I slipped and landed on my chest hitting the bath tub and then onto the floor – out cold. I had badly injured my ribs. Luckily the boys were home and called the paramedics. I was home bed ridden for two months. I religiously followed deep breathing Yoga exercises- Bhastrika Pranayama and Anulom Vilom- alternate nostril breathing - lying in the bed. I firmly believed that breathing exercises were going to help me to get better quickly as it's a simple logic - I was taking in more oxygen with deep breathing and exercising my lungs at the same time. Also, from curing my thyroid problem I had gained a new-found confidence and belief in the Yoga I was practicing.

This time to myself also gave me chance to read lots of books and it was during this time I read a lot about Yoga, Meditation and Reiki.

I was getting better quicker than the doctor had expected and this further increased my faith in Yoga. During this time a thought came to my head to become a Yoga teacher! As crazy as it sounds, another month later I had done my level one teacher training with PYPT. I still wanted to learn more about Yoga and started to search on the Internet about various Yoga schools and started to call and e-mail them. I became interested in a potential Yoga school, however I changed my mind when I called and could not believe how rude the owner of the school was.

I was still in search and came across Yoga Professionals. I spoke with Conrad – the director of Yoga Professionals - and immediately felt I could trust him. He was very friendly and informative. I received my pack which was very daunting at first. It had been a long time since I left the school and when I saw the books on Exercise and Fitness I was almost ready to take a step back and give up. But my passion for Yoga made me feel strong. Meanwhile we went to Mauritius for a family holiday and I took EFK (Exercise and Fitness Knowledge) books with me. I was lying in the sun by the beautiful Indian Ocean studying EFK books! I was so determined to pass my exams.

When I started to attend the practical sessions to learn Yoga that was when I first met Conrad and during the first hour, I knew I had made the best decision to go with Yoga Professionals. Conrad is so knowledgeable, not just about Yoga but on Fitness as a whole. I also liked the fact that he taught us ancient Yoga philosophy. His sense of humour made learning very delightful. Chanting times created an amazing atmosphere. Emma, who taught as EFK was very good and it was definitely worth attending practical sessions of EFK .Although I was working full time in an office, learning Yoga combined with Fitness and exercise was never a chore. I was thoroughly enjoying it—although it was really hard work!

Teaching in front of the class during practice sessions were very daunting and nerve racking but Conrad is an amazing teacher, he put me at ease and gave lots of encouragement. I was so proud to pass my CYQ level 3 practical assessment and EFK. Passing EFK was very overwhelming for me as it was the toughest challenge for me to learn about body science in depth. I was in tears when Anni – the assessor - told me that I had passed my assessment and EFK as I really did not think I would pass the EFK exam. But the hard work had paid off.

Since I have completed my training, I have been teaching at the Fitness Centre at Virgin Atlantic Airways, at the local Hindu temple and am now for the NHS with cancer patients. I am filled with joy, passion and personal satisfaction- working with cancer patients is especially very close to my heart.

I have also been able to help my family members with my knowledge of Yoga my sister had been suffering from migraines for eighteen years and through the Yoga practice of some asanas and humming bee breath –bhammari pranayam – her migraine is cured. My aunt, who was suffering with arthritis for thirty years, is now

cured within two years of Yoga practice and she sixty-six years old. My dad's High blood pressure has become normal with the practice of Yoga. I could still go on with a few more examples! In a nutshell, Yoga has changed my life for the better and I have been able to help my friends and family members too through this incredible journey. Yoga is part of my daily life and I feel so blessed to have found a great Yoga teacher –Mr Conrad Paul who is so knowledgeable, supportive and above all truly inspiring. A true GURU