



2YR anniversary

CONTEST



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Everyone was buzzing about the new hot yoga studio right by Confusion Corner. Everyone, that is, except me. "I'm just not into yoga," I told my mum when she suggested we try and get to one of the classes the first week the studio was open. You see, I was 'just not into' anything. It had been a difficult year for me for a variety of reasons, one being I had been diagnosed with a Depression/Anxiety Disorder, and was resistant to the medication I had been prescribed. My mum started researching different types of remedies, one of which was to get active. I had never been the 'athletic' type (why go jogging when you can read a book??), but instead of letting me dismiss the idea of trying a new type of activity, my Mum kept at me. I finally said 'Okay, I'll go to yoga with you, but only this once.' When we heard about the overwhelming response to the free classes (Winnipeg loves a deal), we decided to wait until the free classes were done. I walked into the studio about a week later with an odd mixture of hope and fear. I was so nervous that first class, I was shaking...so out of my comfort zone! After that first pivotal class, with the help of the incredibly welcoming atmosphere, I was hooked. That first class completely turned my life around. The girl who would have rather sat on the couch reading started going to 6AM yoga classes 5-7 times per week. The girl who couldn't jog to the end of her driveway started going to the Weekend Warrior Rides, and later competed in the Eco-Challenge with other Moksha students & instructors. The Moksha Yoga Studio has blessed me by showing me the beauty of movement, no matter your age, fitness level, or lifestyle.

Blythe Dawshka



My yoga journey began with the death of my mother. I was not expecting her to die or to even be sick. I can only recall her being sick for about a week or two. She had advanced stages of cervical cancer. My mother passed away on the first snow fall that year. The snow was as if angels were taking her up to heaven and as they were passing through the clouds, the feathers on the angel wings were shedding and sprinkling around us in the form of melting snow. After her death, everything that could be seen as celebration in life (like a snow fall) seemed bitter, and sad. A year and a half later, I came to my first Moksha class. It was so enlightening! I truly concentrated on nothing but my practice and I felt great by the end. I started to attend classes regularly, and I began feel the bitterness of my world diminish. Thanks to the inspiration that I receive from my Moksha practices, I can see how wonderful the world really is. I find pleasure and joy in the small and simple things in life now. Every class I do, I do in memory of my mother, and to better my life in more than just a physical way. My perspective in life is that it is heaven not hell, and I love it and appreciate everything that yoga has brought to my life!

Nicole Zuk



I have been coming to Moksha Yoga Winnipeg for over a year now, and it has been helpful in so many aspects of my life, but in particular it has helped me to get over the loss of my sister, Michelle. I remember one class in particular - it was my first class with Phil. At the beginning of the class he mentioned that he was grieving the loss of his grandmother, and of course this immediately made me think of my sister, who had suddenly passed away just a few months before... During the whole class I thought about her, and how much I missed her, but it helped to think that I wasn't alone in my feelings of sadness. I remember at the end of the class Phil played the song "Somewhere over the Rainbow". He said that it was his grandmother's favorite song. I couldn't keep the tears from coming because that had also been one of Michelle's favorites as well. I guess Phil saw my tears because he came and put his hand on my knee, and I just remember feeling so sad, but at the same time, at peace. I think of my sister a lot while I'm doing yoga. I think about how much I miss her, and how I wish she could see my kids growing up, but I also think about how she would be proud of me for doing something for myself, and I know that she would be happy that I have found something that helps me to deal with my sadness about losing her.

Tani Sawchuck



How do I put into words how Moksha Yoga has benefited me? It goes far beyond words. And far beyond just me. I am a stronger, more centered person for allowing Moksha yoga to become part of my life. I am a better person and my hope is that that has made me a better partner, sister, daughter, friend and aunt. It has taught me patience – both on the mat and off. When I'm sitting in a meeting that just won't end, I re-focus on that moment and bring my mind back to the present. Just as my camel will be there when I get to it, my 'to do' list will be waiting at my desk when the meeting is over. It has defined my muscles in a way that I never anticipated. Although I still strive for those washboard abs, I will enjoy and admire my '2 pack' for now. I have learned to check my ego and accept where I'm at today. It's ok if I fall out of Dancer's Pose and it's ok if I don't finish the laundry. Overall, Moksha Yoga has shown me to just chill out & relax. My personal life has been very stressful over the past 4 months and Moksha has helped me through it. I'm not sure I'd be as aware and calm as I am now had it not been for Moksha. Whether it was the calmness of one extra breath in savasana or the exhilaration of my first Bird of Paradise or the reassurance of an e-mail from Phil & Ryann – Moksha Yoga has helped me through the day many times. Perhaps most surprising though, is the transformation that takes place when I walk in the door of the studio. There is a sense of calmness in the studio that I rarely feel in any other environment. No matter my mood or frame of mind, the minute I step inside, my mind & body relaxes. A sense of serenity comes over me and it is this peaceful energy that I take with me when I leave – sharing it with others while also letting it remain within me. The support that I receive from the MYW family is never-ending. The passion that exists inspires me to be more passionate about my life.

Lori Macklem



About two and half years ago my boyfriend of the time was killed on impact in a collision with a semi-truck on the perimeter highway. I was left alone, depressed and not knowing what I wanted to do with my mind, body and soul. I felt lost. My cousin wanted to reach out to me and suggested trying yoga together. I was very doubtful that something could take my mind away from the awful feelings I was having of loneliness, pain and anger, but I agreed to try. Yoga inspired me instantly, by the time we started the standing series in the first class. Nothing else in my life had been able to take my mind to another place where I had never traveled before -a place of calamity and relaxation. Yoga became the one thing in my life that I learned to depend on to pull me through the roughest and the best times of my life. Today, I feel that Yoga has helped me find myself, to open my mind, and my heart and has helped me progress into a happier, more spiritual person. This journey has only just begun and has already been an inspiration and a measure of strength in my life. I cannot wait to see where Yoga takes me in the future.

Ashley Pearson



Wow! Only one paragraph hey? That's difficult when there's so much to say. I started practicing yoga a few years ago on my lunch hour at the downtown office building I work in. A wonderful yoga instructor would come in twice a week to share her Ashtanga Hatha practice with us. It didn't take long for me to realize that a regular practice was helping me on so many levels. I would go back to the office feeling calm and rejuvenated. As a single mother of three boys with a hectic career as a Financial Advisor, I found myself greatly neglecting my own needs. Not able to sleep well at night and suffering from bouts of depression, anxiety and financial worries, I started attending the 9pm classes at Moksha and found the relaxation helped me calm down, de-stress and sleep well. After a few months, I realized that Moksha was a caring community and I felt such a strong feeling of belonging. The beautiful, tranquil environment, the knowledgeable, caring instructors, the friendships, the socially and environmentally responsible culture.... I started practicing daily and trying all the different types of classes. Yup...I'm hooked! Some days I felt I didn't have the time or the energy....but I found a way and went to class.... not always an easy task with juggling the boys' activities, daily needs and my own personal troubles. Since making my Moksha practice one of my many priorities, I find I'm much better able to handle all of life's stressors and I count my own blessings daily. I'm feeling more physically and emotionally fit than I have in years! In a world full of tragedy and hardship, Moksha has assisted in showing us all we have to be grateful for. Yoga is a gift. This gift needs to be shared. The world will be a better place as more people realize the benefits of daily Yoga practice. I leave this Sunday for a 200 hour intensive Hatha Yoga teacher-training course, in which my hopes and goals are to deepen my knowledge of Yoga and maybe someday be able to teach and share this incredible journey with others. I have recently turned 40 years old and I have learned so much! We really do create our own paths in life and although there are many obstacles slowing us down or maybe prohibiting a certain route at a particular time, in the end it's our inner peace and knowledge that we've done everything we can, that gets us on that mat each day! Blaze that trail.... even if it's the path of great resistance! When things get in the way, slow us down or even prohibit us altogether, keep believing in your journey and leave behind a little love, compassion, peace, and a few Asanas, even if it's only 30 minutes a few times a week on a lunch hour.

Lee-Ann Harris



Deadlines Deadlines Deadlines! it's the story of my life. My Job has me consumed with deadlines, and my life has me setting deadlines. If I'm not meeting a deadline, I'm thinking of my next deadline. Until I discovered yoga, I never stopped to live in the now, I only ever lived for what is next. But Moksha has the power to warm me up, calm my mind, and enjoy the pleasure of Breathing. Now, I not only stop to smell the roses, I stop to breathe. Thank you for bringing me back to reality.

Nicole Dube



Moksha Yoga Winnipeg has given me a place to go to when I need to relax and feel good about myself. When I go into the studio I instantly feel calm and I know that I can forget everything at the door and practice my moksha with a clear mind, being able to focus on the poses and stretch out my entire body. When you first opened, I took classes in pilates, group cycle and hot yoga and I loved what the classes did for my mind and my body. After every class, I felt like my entire body had had a workout and the rest of my day was easier and more fun because of that. My favorite class is hot yoga because I drip sweat and I know that I'm burning so many calories while I'm doing it. Thank you Moksha Yoga Winnipeg for giving me a chance to feel better body, mind and soul!!

Breanne Sellan



Moksha Haiku's

Moksha Yoga rocks!
awesome teachers, super staff
true community

Meeting great people
sharing space, breath, living our
yoga, together

Learning and growing
in body, mind and spirit
Moksha changed my life

Lucky me, able
to come to the studio
to practice yoga

Happy Birthday to
Moksha Yoga Winnipeg
My love to you all

Cari Satran



Joining Moksha yoga has truly impacted my outlook on life! With the great excitement I have coming to yoga, the profusion of benefits stay with me through and after each class! Moksha yoga provides great energy to take with you throughout the day as well as a calm, positive attitude to set forth. Being a high school student brings a busy stressed workload and yoga is a great outlet for this. Moksha yoga allows you to forget about everything and let your mind focus on what's important! Moksha yoga has helped me through happy, sad, rough times and coming to practice makes me appreciate all that I have in life! Thanks to the great teachers, yoga is always enjoyable!

Paige Chadsey



I stumbled into the studio one day amidst a myriad of complications and frustrations swirling in my head. I was overwhelmed by situations out of my control, struggling with the challenges of the world around me. I had done yoga before. I had even really enjoyed it before. But this was different, Moksha felt altogether new and wonderful, while at the same time made me feel at home. It was the calm I had been craving. I found sanctuary within the hot room. It was my escape from the chaos and confusion that filled so much of my day. I fell in love with the 4 o'clock and found myself reading as much as I could about yoga, meditation, and the various traditions. My practice grew beyond the asana and I took up the challenge of living a more yogic life. I began to involve myself in the community and to take my practice 'off the mat'. By the next year, I was off to Toronto experience the teacher training and have since begun sharing my love of the practice with others. The more I allow my yoga to blossom in all areas of my life, the closer and the more connected I feel to the world around me. The studio grounds me in my practice, and my practice has allowed me to feel less cluttered with thoughts and frustrations. Thanks to the benefits of a daily practice, I am stronger than ever, feeling great and more present in my relationships with others. Though I am far from attaining true Moksha, I feel that Moksha Winnipeg is truly a place that is helping me on my path. MYW is my sanctuary, my sangha and my home.

Jessica Blaike



For the past 6 years I have been practicing yoga at a wonderful studio that offered exactly what I was looking for. From Ashtanga to Kundalini to Vinyasa Flow, I experienced many forms to soothe my aching soul and energize my body. I was dedicated to this studio and had no plans to venture out.until.....a cold December morning I found the doors were locked due to burst water pipes and not reopening until the new year! I had my girlfriend with me who was visiting from Toronto, so we decided to check out MYW. Ryann had given me a pass months ago, but as I had mentioned before, my loyalties were elsewhere.

I immediately felt comfortable upon entering the studio doors. The staff was helpful, friendly and efficient. Filtered water and environmentally minded amenities were an added bonus! But now the real reason we are here – the classes.....surprisingly, I enjoyed the heat and sweat as I didn't think I would. However, my challenges lay with the practice. As I was used to different styles on different days, the repetition of Moksha was frustrating for me, especially when I had signed up for the 30 day Challenge as well! My knees were sore and I was becoming bored. I was missing the meditation, the variety and the music.

Halfway through the challenge, I became sick and lost 5 days. Returning, I looked forward to the warmth of the studio and the heat on my back. It was such a wonderful feeling! I melted into the mat, became completely relaxed and was exceptionally conscious of my surroundings..... in the moment. I set my intention and continued to move through my practice aware of each pose and every breath, realizing my accumulated strength..... discovering that I was Present.....and moving beyond the 30 day Challenge! I did, and will continue to do so at MYW!

Denise Freisen



Moksha Hot Yoga is ADDICTIVE. I never thought in my life that I could be addicted to something that is good for you. But now I cannot go one day without doing a class. Yoga has given me strength both spiritually and physically and has taught me patience, and also to generate this patience within me when I need it the most. Moksha Yoga is one addiction that I will never give up, the benefits are just too good for me.

Shume Lee



Birth of a child is supposed to bring one unmountable joy; elation; hopes and dreams. The perceived blessing of twice that joy; twice that elation; twice those hopes and dreams had me looking forward to a new era in life. I had not anticipated the cosmic spin in my astrological path that would leave me with twice that sorrow. I found myself in a pit of devastation. Though I had been given another chance to nourish life, I was very fearful that things would go wrong again. Even after the birth of my now, turning two-year-old, I had not recovered emotionally (or physically), and needed desperately to pull myself together and balance life so I would be able to give joy and love. I was lost: breathless - empty. My soul craved life...spirit...energy. It was as though my battery had been drained and I didn't know how to recharge. I had noticed a new studio opening in my neighborhood and finally mustered up enough courage to battle my way into the (what I thought would be) lacto-ova-vegetarian-lulu-only-wearing-thigh-in-the-sky-with-no-guide-to-tell-you-how-or-why-pretentiousness that I had been greeted with in the past: only to be met with this force...this sense-encompassing...warmth. I was made to feel welcome: like I could find a place here, where I could take this warmth; this spirit; this energy that I so longed for and heal. My first class had me rejuvenated. And I was hooked. The moksha poses were goals that I strived to (and still strive to) conquer, and all the instruction that is received helped me to feel as though I could attain these goals - especially early on in my practice. Now, I battle 12-hr work days, which keep me away from home, and from the studio, but the attitude; the positive outlook; confidence; the strength (physical and inner) - the warmth that I have taken in from Moksha has stayed with me. When I am drained of rebuttals, and am exhausting my last breaths to comfort irate customers at work, I simply stand tall, hold my head up high, put my chest out, as though I am a proud warrior, and take in all the energy they are throwing at me - I draw it in with a breath, breathe out the impurities, and recharge my heart and soul. At the end of that 12 hour day, I go home and love my son, my partner, my dogs, and my life. Thank you all for your contribution my my ongoing journey in life.





Thank you to everyone who took the time to share their positive vibes.
Keep practicing and I love that you are all finding way to LIVE YOUR
YOGA off the mat.

Celebrating Community,
Ryann & Phil Doucette, and the entire Moksha Crew