

calm mind. fit body. inspired life.



With Moksha I am able to feel the heat facilitate a deeper stretch than I was used to and helped to release a great deal of muscular tension that I was holding in several areas of my body. In addition, the emphasis on alignment has had a surprising impact on my posture and spinal curve. Prior to attending my first Moksha class I respected the benefits of yoga but was never interested in the chanting and spiritual aspects that I assumed were present in yoga classes.

At the Moksha I realized that each student was there for their own personal reasons, whether they be physical, mental, or spiritual, and the teachers and Moksha class could embrace each of these needs without impinging on the other students reasons for taking yoga.

Over the last four months I have integrated moksha yoga classes into my weekly training routines and utilized the stretches I learned both before and after workouts, on and off the ice. After the first month of training camp I realized that this was the first year I completed the entire pre-season training without experiencing any muscular strain or pulls. I attribute a great deal of this to my yoga training over the summer and plan to continue with my practice throughout the season.

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