

calm mind. fit body. inspired life.



I am an entrepreneur with a North American business in a highly competitive technology sector. I live a very busy life and am consumed with my work all the time. When not working I think about work and the things I have to get done. I live with constant stress and tension that has manifested itself in a variety of physical and emotional ailments over the years.

Since I began practicing hot yoga my life has changed. Literally. I am more self-aware and have learned to listen to my body. I am able to concentrate longer and more deeply. I am able to detach myself from things and let them go in moments where I used to hold on for hours or days. Physically, I am stronger, my balance is much improved and my flexibility elevated. Moreover, the vast majority of the aches and pains have minimized or disappeared altogether.

Hot yoga is helping me to push the outer limits of what I can accomplish mentally and physically. It forces me to look at myself, and in the end, that's where all the stress, tension and judgment come from in the first place.

Eric Yuzpe, Vice President  
Kaboose Inc.

stress management.