

lululemon Yogi of the Month



Danielle Desmet

OCCUPATION: Biologist (Marine & Molecular Biology)

FUN FACT: I'm a volunteer SCUBA diver at the California Academy of Sciences.

WHO'S YOUR FAVORITE INSTRUCTOR AND WHY?

That's a tough one! Ok, if I have to pick one person it would be Megan Spencer King. She weaves sage wisdom into the practice and makes her classes physically challenging while guiding you through the breakdown of each pose, which I really appreciate as a novice yogi.

WHAT INSPIRES YOU? The natural world, especially the ocean and old-growth redwood forests. It's liberating to feel small against the grand scheme of nature, where countless organisms have developed amazingly complex relationships to create the biological systems we (puny humans) rely on for our own survival. Standing in a ring of 2,000 year old coastal redwood trees really provides some perspective on your life.

HOW LONG HAVE YOU BEEN PRACTICING & HOW HAS YOGA IMPROVED YOUR LIFE? I'm fairly new to yoga. I started practicing in April of last year during the most stressful period of graduate school. Yoga has provided a space to meditate while doing something physical, I'm not so good at sitting still. It has helped around me and provided a place to work

WHAT'S YOUR INTENTION FOR YOUR YOGA PRACTICE? Cultivating mental calm and clarity.

WHAT'S YOUR FAVORITE YOGA POSE? It's a tie between chair pose and boat pose. I love core-blasting poses!

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? I really like songs that sneak up on you and suddenly have a dance-able beat while unfolding into a story. Pretty much any song on KiloWatts album "Seven Succulents" fits that description. But if I had to pick one song on that album it would be Zwartkop (featuring The We're Home Family Drum Brigade).