

lululemon Yogi of the Month



Meredith Tecco

Classes Taken: 67

OCCUPATION: Psychiatrist

NICKNAME: MerryD

FUN FACT ABOUT YOU: You can take the girl out of the country, but you can't take the country out of the girl...

WHO'S YOUR FAVORITE INSTRUCTOR & WHY?

This question is tough! All of my regulars are my favorite! **Megan** has such fun energy and brings a great balance of humor and seriousness to the practice. **Mary** has a great flow and asks us to cultivate inner strength while maintaining a sense of kindness and curiosity. I find her practice both challenging and centering. **Naushon** is challenging and fun and carries with her an inner peace that seems to spread through the room. **Maria Christina** feels like a bit like being in the presence of a goddess! She brings a deep wisdom and cultivates a sense of loving connection between the self and the universe.

WHAT'S YOUR FAVORITE YOGA POSE?

Savasana. A distant second is Happy Baby and getting to "play" in shoulder stand!

WHAT'S YOUR INTENTION FOR YOUR YOGA PRACTICE? Keep growing. Continue to explore and be curious.

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? Hummm, I don't know the names of songs, but I love Maria-Christina's playlist. I also love how Mary matches the pacing of the flow to some of the more epic sounding songs- it can feel like you are opening up to Warrior 2 on top of a mountain.

WHAT INSPIRES YOU? My kiddos, yoga, my work, natural beauty, seeing teachers in all things, the infinite space within and without.

HOW LONG HAVE YOU BEEN PRACTICING AND HOW HAS YOGA IMPROVED YOUR LIFE? I started practicing different types of yoga in my 20s but have had gaps in my practice related to moving/working and more recently to balancing work with two young children. I returned to practice in January and am so glad that I found the Green Yogi--it is such a warm, welcoming, inspiring studio, and all of the teachers that I have worked with have been fantastic. How has it improved my life? Well, most simply, I am a happier, kinder person when I practice yoga. I am able to slow down and to feel more present, more connected, more open, more energized and curious.