

# OUR HERO

THE GREEN YOGI



## Hillary Stamm

*Classes Taken: 46*

*Occupation: Writer and mama to three littles*

*Charity: Seattle Cancer Care Alliance*

**WHY DO YOU LOVE COMING TO THE GREEN YOGI?** The people and the energy. It's a special place!

**WE'RE DONATING \$100 TO SEATTLE CANCER CARE ALLIANCE. WHY DID YOU CHOOSE THIS CHARITY?** They are doing groundbreaking work in research in cancer treatment. They treated both of my parents.

**WHO'S YOUR FAVORITE INSTRUCTOR(S) AND WHY?** Julie for chakra, Tamal for his ukulele, Anne because she's been teaching me for years and through my pregnancies.

**WHAT'S YOUR INTENTION FOR YOUR PRACTICE:** That I'm more present; more patient; more mindful.

**WHAT INSPIRES YOU?** My three kids and my amazing husband.

**WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST?** "May The Long Time Sun Shine Upon You" by Snatam Kaur

**WHAT KEEPS YOU COMMITTED TO YOUR PRACTICE?** Yoga makes me sleep better, parent better, look and feel better - it's my magic elixir!

*Each month we select one yogi who has gone above and beyond to dedicate themselves to their practice. To honor them, we donate \$100 to their favorite charity.*