

# lululemon Yogi of the Month



## Kaliska Wooten

*Classes Taken: 70*

**OCCUPATION:** Consultant

**NICKNAME?** Kali

**FUN FACT ABOUT YOU?** I did my degree in England then worked in London for awhile.

**WHO'S YOUR FAVORITE INSTRUCTOR & WHY?** Every instructor offers

something different, so picking a favorite is very difficult! I love Julie's class when I want to sweat and feel good. Mark is great when I want to be more balanced, and Aleta's class on Friday is a wonderful way to relax and leave the week behind.

**WHAT'S YOUR FAVORITE YOGA POSE?** Savasana. I never thought laying on the floor could feel so good!

**WHAT'S YOUR INTENTION FOR YOUR YOGA PRACTICE?** Wellness.

**WHAT INSPIRES YOU?** Living a full life.

**WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST?** Julie has convinced me that Stevie Wonder and yoga go perfectly together.

**HOW LONG HAVE YOU BEEN PRACTICING YOGA?** I started practicing in March because I thought it would be a nice way to exercise, however it has made quite an impact on my life. I feel so much more healthy, both



physically and mentally. I'm much less stressed because I have a regular way to relax.