

# lululemon Yogi of the Month



## Jeannie Whalen

*Classes Taken: 65*



**OCCUPATION:** Singer. Graduate Student, GTU.

**FUN FACT ABOUT YOU?** My a cappella chorus has been invited to sing at the Moscow Conservatory (equivalent to our Julliard), in Saint Petersburg's Sheremetyev Palace, and with the children's choirs in Dubna. This October we leave on a mission of peace with a concert series called "Reaching Toward Heaven."

**WHO'S YOUR FAVORITE INSTRUCTOR & WHY?** ALL instructors at the Green Yogi are phenomenal. I'm joyously surprised at the quality of instruction and depth of sincere intention I find here!

**WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST?** No suggestions, just *brava* Green Yogi! This musician loves your music.

**WHAT INSPIRES YOU?** Community! Music! Loving compassion. The way Green Yogi teachers don't simply give brief dharma talks at class beginning, but weave reminders of consciousness throughout the entire class. The way Green Yogi teachers walk in deep grace and peace.

**WHAT'S YOUR INTENTION FOR YOUR YOGA PRACTICE?** Peace. Grounding. Centering. Calming. Growing the strength, courage, and wisdom to go out into this apparently chaotic world and remain

centered as who I really am.

**WHAT'S YOUR FAVORITE YOGA POSE?** Two! Chaturanga Dandasana/low plank and Ardha Chandrasana/half moon

**HOW LONG HAVE YOU BEEN PRACTICING AND HOW HAS YOGA IMPROVED YOUR LIFE?** A former lyrical jazz dancer, I almost lost a leg in a motorcycle accident (a lonnnng time ago). Nasty compound fracture: 9 months in a cast; 2 years to learn to walk without cane or limp. But the miracle is that I still have that leg and foot, and they more or less work! But you'll always find me against a wall for balance poses; one ankle refuses to cooperate.

I used to scorn yoga! It was too slow! I needed to leap and spin and take everything to the edge. So I tried to rehabilitate motorcycle injuries with weights and gyms and machines and hard-core training. Amazingly, my body seemed to deteriorate....

About 5 years ago I wandered into a vinyasa flow class. OMG. I loved it!! The more I practice yoga, the more I want to practice. What once I thought was boring, I now realize is akin to flying -- in super slow motion. Challenging? Yes! Inspiring? With teachers like those at the Green Yogi, YES!

And, of course, ultimately I came to realize the deeper purpose and intention of yoga, beyond just having a strong flexible body. I am so grateful. I've come a long way, and I've a long way to go. Yoga is indeed life enhancing. Deep bows. Namaste. Thank you, Green Yogi! Bless you.