



Kara Franklin

Classes Taken: 90

Occupation: Wedding & Lifestyle Photographer

Charity: Bullies & Buddies

FUN FACT ABOUT YOU: I studied Chemical Engineering as an undergrad.

WHY DO YOU LOVE COMING TO THE GREEN YOGI? I love the teachers and the community.

Love the affirmation cards when I need a little pick me up and the zen feel to the studio. Doesn't hurt that after class I can go next door, get a juice and take a nice long walk along the strand.

WHAT KEEPS YOUR COMMITTED TO YOUR PRACTICE? My practice is a beautiful reminder that true transformation of mind and body is possible. I love my time on the mat. Even on the days that I'm feeling unmotivated, or not as strong, I'm always happy after a flow.

WHO'S YOUR FAVORITE INSTRUCTOR AND WHY? I honestly don't have a favorite instructor. I mostly take the weekday morning classes but on the days when I have taken an evening or weekend class I've noticed that because it's a different instructor, I get the opportunity to strengthen my practice in a different way. The Green Yogi does a good job of bringing in great teachers and I truly appreciate each of their unique styles and energies.

WE'RE DONATING \$100 TO BULLIES & BUDDIES IN YOUR HONOR. WHY DID YOU CHOOSE THIS CHARITY? I love all dogs, but have a special place in my heart for pit puppies and want them to find wonderful homes!

WHAT'S YOUR INTENTION FOR YOUR PRACTICE? To flow both on and off the mat without judgement... for myself or anyone else.

HOW LONG HAVE YOU BEEN PRACTICING AND HOW HAS YOGA IMPROVED YOUR LIFE? I have been practicing on and off for a few years now, but consistently, about four months. I try to practice at least 5 times a week. I can feel myself getting stronger every day and it has really helped me lead a better more mindful life.

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? High highs – Flowers Bloom

WHAT INSPIRES YOU? People inspire me...I meet so many people who are doing such incredible work in this world and it motivates me to live a more purposeful life.

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.