

# OUR HERO

THE GREEN YOGI



## Suzanne Ascher



*Classes Taken:* 298

*Occupation:* I'm an interior designer and own a local retail store in Manhattan Beach. My partner and I opened it 10 years ago!

*Charity:* Camp Loyaltown

**WE'RE DONATING \$100 TO CAMP LOYALTOWN. WHY DID YOU CHOOSE THIS CHARITY?** My oldest childhood

friend has a severely handicapped special needs child. For one week every summer he goes to this amazing camp for children with similar needs. He

loves everything about it! It also gives my dear friend and her family of five a week of time to focus solely on one another, and to rejuvenate and reset. It a win-win!

**WHO'S YOUR FAVORITE INSTRUCTOR(S) AND WHY?** It would be impossible to choose; all the teachers bring something special to their class! You know who you are (because I keep showing up!).

**WHAT'S YOUR INTENTION FOR YOUR PRACTICE:** To be gentler with myself and those around me. To keep strong physically. To increase flexibility. Most of all, to just enjoy the journey I'm on when I'm here, and carry it out into the world.

**WHAT INSPIRES YOU?** Different people inspire me for different reasons. I think just about everyone I meet has something to offer and something for me to learn. I'm a real work in progress.

**HOW LONG HAVE YOU BEEN PRACTICING YOGA AND HOW HAS YOGA IMPROVED YOUR LIFE?** I've been practicing yoga for a year and 7 months and I don't know how I ever lived without it! Thank you to my husband Rick and my dear friend Alexa for getting me through the gate. (Yoga is for everyone, especially for those that believe it is *not* for them.)

**WHAT KEEPS YOU COMMITTED TO YOUR PRACTICE?** The after-effect! No matter how I felt when I walked in...tired, stressed, anxious, scattered...how I feel when I walk out is what keeps me coming back! I'm more grounded, peaceful, and gentle with myself and the world and those who walk around me. I take everything much less literally and much more energetically.

I love The Green Yogi because it's right up the street from my house, so I can walk! I especially love that my husband Rick and I come here together! I love the feeling when I walk through the gate. I love the vibes of everyone here; clients, teachers, greeters. No other yoga studio gives me the same amazing feeling.

*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.*