

lululemon Yogi of the Month



Alix Ching

Classes Taken: 73



OCCUPATION: School administrative assistant.

FUN FACT: I've always been able to lick my elbow – no yoga training required!

WHO'S YOUR FAVORITE INSTRUCTOR?

I love all of the yoga instructors I see here, but recently I've really enjoyed Maria Christina's classes. They're a little intense, but she always tells us that there's a lot of space in a single breath and that's been a nice reminder to slow down and take things at their own pace.

WHAT IS YOUR INTENTION FOR YOUR YOGA PRACTICE? Kindness - especially towards myself. It's easy to be kind to others, but sometimes not so easy to remember to hold oneself in the same regard.

WHAT IS YOUR FAVORITE YOGA POSE? Sleeping pigeon. This one is almost as nice as savasana for me!

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? Basic Space by the XX. Absolutely lovely during early morning sessions.

WHAT INSPIRES YOU? I'm inspired by all things green and growing, as well as nice days.

HOW LONG HAVE YOU BEEN PRACTICING? I've only been practicing regularly for about 6 months.

HOW HAS YOGA IMPROVED YOUR LIFE? I've found a lot of peace through my practice during my transition back from Japan to the Bay Area.

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