

lululemon Yogi of the Month



Lisi Baldwin

Classes Taken: 240



OCCUPATION: I'm an ebook production coordinator for a local publisher.

FUN FACT: I love to fly through the air and land safely (but not necessarily in an airplane).

WHO'S YOUR FAVORITE INSTRUCTOR?

That's a tough choice. I like all of the instructors at Green Yogi. Since I attend classes regularly in the afternoon, I get a nice balance from a variety of instructors. I like Julie's positive energy, heart connection, and sense of humor, Ai's flow and mindfulness, and Aleta's grounding and calmness. Air, water and earth!

WHAT IS YOUR INTENTION FOR YOUR YOGA PRACTICE? My intention changes with and within each class. Sometimes it is just to relax and accept whatever I am capable of doing in the moment without judgment. Sometimes it is to work on expanding my range of motion or flexibility in particular areas. Other times it is to breathe smoothly and fully.

WHAT IS YOUR FAVORITE YOGA POSE? I like Ardha Chandrāsana (Half Moon pose). It requires aligning everything on one plane, balance, and core strength. When done well, there is a feeling of liberation and expansiveness. I also like the side variation of Bakasana (Crow pose) which, come to think of it, seems the complete opposite of Half Moon

pose in that it requires a contracting of the core muscles and bringing everything in toward the center instead of away from it.

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? Lionheart by Emancipator - for flow. Imagine by John Lennon - for Savasana.

WHAT INSPIRES YOU? Other people's passion for self-expression in the arts inspires me.

HOW LONG HAVE YOU BEEN PRACTICING? I've been practicing yoga for 15 years.

HOW HAS YOGA IMPROVED YOUR LIFE? Yoga keeps me limber, and less prone to injury. It calms down my nervous system and creates equanimity so I can better handle stressful situations with ease and composure. It also supplements my Aikido practice nicely and helps me to move fluidly without tension. Yoga is self-nurturing yet I am always encouraging others to practice yoga so they can reap the benefits, too.

*Read more at www.thegreenyogi.com on our **Daily Greens Blog!***