

lululemon Yogi of the Month



Janet Kenmotsu

Classes Taken: 242



OCCUPATION: Software engineer.

NICKNAME: Sachan.

FUN FACT: I love jiu jitsu and am learning how to surf.

WHO'S YOUR FAVORITE INSTRUCTOR?

I am loving Julie Anne's classes lately! She is so energetic and positive. I also love The Green Yogi because every teacher I've been to has been amazing.

WHAT IS YOUR INTENTION FOR YOUR YOGA PRACTICE? My intention I go to heal my body from jiu jitsu and for the clarity it gives my mind. When I have a really good session, I feel like I can do some chores when I get home.

WHAT IS YOUR FAVORITE YOGA POSE? I like downward dog.

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? Latika's Theme from Slumdog! Love that song.

WHAT INSPIRES YOU? I am inspired by people who work hard and are passionate about their work, i.e. Joanna Jędrzejczyk.

HOW LONG HAVE YOU BEEN PRACTICING? I've been doing yoga since

The Green Yogi opened. It's my first and only studio.

HOW HAS YOGA IMPROVED YOUR LIFE? Yoga has healed my back pains and gives me the best positive feelings.

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