

lululemon Yogi of the Month



Victoria Mancuso

Classes Taken: 200



OCCUPATION: Obstetrician-Gynecologist

NICKNAME: Vic (not Vicky)

FUN FACT: When I was 7, I used to accompany my mom to her yoga class with Bikram Choudhury

WHO'S YOUR FAVORITE INSTRUCTOR? Can't possibly decide! My favorite week of teachers would be: Ai (awesome sequences), Julie (humor), Naushon (matter of fact hard core class), Mary (deep messages), then Maria-Christina (creativity)

WHAT IS YOUR INTENTION FOR YOUR YOGA PRACTICE? Patience

WHAT IS YOUR FAVORITE YOGA POSE? Warrior 2

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? Gopala lullaby

WHAT INSPIRES YOU? The genuine kindness of the people at the front desk, at the Green Yogi

HOW LONG HAVE YOU BEEN PRACTICING? 20 years

HOW HAS YOGA IMPROVED YOUR LIFE? It allows me to have perspective about challenges in life.