

Yogi of the Month



Taylor Hodgkin

Classes Taken: 93



NICKNAME: Tay

FUN FACT ABOUT YOU: I was born at home.

WHO'S YOUR FAVORITE INSTRUCTOR?

I would have to say JulieAnne, because she has wonderful energy! I always know I'm going to have a great practice with her.

WHAT IS YOUR FAVORITE YOGA POSE? Lizard pose.

WHAT INSPIRES YOU? The thought of being a mother one day, and knowing that yoga is so beneficial not only for my body, but for my mind and spirit.

HOW LONG HAVE YOU BEEN PRACTICING?: I've really been practicing since the end of Jan. 2018.

HOW HAS YOGA IMPROVED YOUR LIFE? The improvement for me have been most noticeable mentally. I'm less stressed, I'm more confident. Overall I'm just more excited about life and what it has to offer.

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