

# humble yoga



We are fortunate that Esther has graciously offered to teach 5 *free* yoga classes to Meadow Members over the course of the season. Once you take one class, you'll surely be hooked on her teaching-style and vibe. We hope you attend the Sunday classes at Meadow AND when you need an additional yoga fix, please visit Esther and Tiffany at their gorgeous new studio in Moraga for several class offerings during the week.

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## WHY I PRACTICE YOGA

I practice yoga because it is a practice where I can bring my whole self to the mat- my body, my mind, and my spirit. On the mat, I focus my entire being into a higher, purposeful, and passionate place through intentional breathing and beautiful body movement. Yoga allows me to connect my body, mind, and spirit into a health practice where I'm constantly challenged to become a stronger and more stable self. As a person who has a lot of thoughts running through her mind, it's hard to slow down many times. Yoga gives me that opportunity to calm my senses, focus my energies, and set a pace where I can realign who I am with the reality around me. The stretching heals, restores, and nurtures my body. The poses and holds strengthen and fortify my muscles. The many different types of sequences pump my heart and force my body to become more fluid. The breathing and meditation stir my spirit to lift it all up into that effort of bringing about the person I am meant to be. Yoga helps me center who I am. The fact that I can share this gift with those around me is an added joy to my love for this great practice.

- Esther Song Jun