

My Yoga Journey

A year ago my life was very different than the life I live now, and I have to say I do thank my discovery of dynamic yoga.

When I started yoga with Jo I felt very low about life in general, and also have a medical condition called an under active thyroid, this condition makes me feel tired, cold, unable to digest food properly and unable to feel desire, I take a high dosage of medication, and will have to take it every day for the rest of my days, according to modern medicine the dosage I take will only ever have to increase as I get older I think, having this condition contributed to my low self-esteem.

When I met Jo, she told me she may be able to help me just by doing dynamic yoga, I have to say I didn't think doing yoga could improve me, as I went to the gym nearly every day and thought that I was doing everything possible to keep me fit, in hindsight I was torturing my body, and it certainly wasn't helping my mind in any way, so I thought o.k. I'll give it a go, I have nothing to lose, but there was no way I could give my gym up, it was my obsession.

After my first couple of weeks of experiencing dynamic yoga, I felt light and full of energy for the first time in years and didn't have that pull to go and thrash myself to exhaustion in the gym, I felt I was waking up and realising that dynamic yoga could in fact have a massive positive impact on my body mind and soul.

I felt emotional at first, but now know I had a lot to unravel through many years of anxiety, Jo taught me how to breathe and make my body feel alive from my fingers to my toes.

Throughout the next few months I learned how to deal with things in a different way which sounds strange, as it is yoga we are talking about, not going to a therapist and talking, but I do think she is my therapist without her even knowing my past, she is incredible, she has explained to me how to deal with things, just by looking at my posture and feeling my thoughts.

About seven months into doing my yoga, which I try and do 3 times a week, I went to my doctors for my 6 monthly check and blood test, when the results came back I was told they wanted to try and drop my medication to the level I was on 10 years previous, I was so amazed, how could that be????, but I was also very scared as I really didn't want to feel so sick again, but I went for it and it worked for me. I feel so well and still do

After this I went to a workshop with Godfrey, he is the creator of dynamic yoga, and after 3 hours of practice with him he asked if there was anything people wanted to ask or any questions, I thought it was the time for me to put my hand up and explain to him my story of when I started with Jo and how I will always thank her, my answer from him was that I had achieved this myself and that it was that I had healed myself, I still find this hard to believe, but maybe this is my self doubt talking.

However I do not think that I would be here today if it was not for my path crossing with such an incredible lady, who is warm, kind and understanding.

I know yoga is supposed to be from the heart but without the guidance of such an inspiration woman I know I wouldn't feel as liberated as I do today.

So who do I thank????

ME!!!, yes I do because I know I've given myself courage and an understanding in such a simple way.

Godfrey for inventing such a pure understanding of the body mind and soul, without thinking you have to be a super woman or man.

Or do we thank Jo for introducing us to a great way of life and understanding.

I KNOW THE ANSWER TO THAT

Dynamic yoga for me is not anything else to me but a new way of my life and I will always embrace it