

I started doing Yoga thinking I would not enjoy it since I do not like to be hot and I do not like to sweat, well I was wrong. I have never done a challenge as long as I have been coming here. I have always felt that I wasn't refined enough, strong enough, good enough or worthy enough. I did not want to waste anyone's time and most of all I did not want to fail and let anyone down.

After speaking with Helena and Anna a number of times and a lot of coaxing in their loving ways (and some nudging) I thought maybe this challenge would help me get past my weight plateau. I was scared to death of Pilates!! I remembered back when I started Yoga, I could barely do one sit up.

So it began, six classes a week, sometimes seven and when possible eight classes. I was not sure if I would be able to complete what I had taken on. Then I decided YES I can and I am. This is what I want. With the help of all the teachers and the wonderful 5pm class, who provided lots of encouragement, I kept coming back. I may not be the most graceful, steady, balanced, or strong person in the room but I am here. That's what I tell myself. In three months, I have lost 30 pounds and three pants sizes. Yes it seems unbelievable but it's true. I still have a hard time seeing it when I look in the mirror; however clothing and the scales tell it all. I could not be happier and ready for more.

I have been asked by family and friends what kind of diet I am on and I tell them I am on the Helena Monica True You Hot Yoga and Pilates Program and it works!!

I have found this challenge has brought so much camaraderie. We are happy for those that show up and we do what we can for the day. While inside these doors, this is the one place I have found that I can find peace and belonging. I wish I had walked through them 10 years ago!! God Bless all of you and Thank You again for everything.

P.S. Due to Helen and Flavia – a whole lot of my scrubs and clothes went into the donation box!!

*Debbie Stule*