

## ***Meet Carole Houde...***

### **What inspired you to begin your yoga journey?**

Fitness has been part of my life for 30 years. It was always go hard, fast and work through those aches and pains. In 2003, I experienced my first yoga and Pilates classes. I really liked the feeling of working my body physically without pain and noticed that other people in the classes were going through the same Ah..Ha! moment as I was.

In 2004, I followed that passion and pursued my Pilates and the first of many Yoga certifications. Since then I haven't looked back, and even though Yoga began as a physical practice for me, it has evolved into so much more. Now I include the benefits of a holistic mind/body lifestyle through fitness and nutrition. I always try to carve out some "Restore" time during the week and live my life wholeheartedly. Join me on the mat and let's enjoy a complete mind/body journey together.

### **How do you plan to Reach Beyond in the upcoming year?**

I am very excited to help launch the Beyond Yoga Teacher Training Program and assisting this fall with Yoga Tune Up® training and then leading our team in our first YTT 200 hour Hatha Yoga Teacher Training in January.

As a personal goal I plan to Reach Beyond and continue to grow with continuing education this year and sharing the knowledge enthusiastically in classes.

See you on the mat!

### **What's on your playlist?**

They say I am a child of the seventies. I remember all the words to ABBA, Queen, Supertramp, BTO and of course Donna Summers. You may see me occasionally sneak a song in to my Yoga Tune Up® playlist (remember Dust in the Wind??). My Yoga playlist is varied. I enjoy Girish, Snam Kaur, Buddha Bar, Yoga One and Ed Sheeran and on the more quiet side Parijat, Steve Gold and Deuter.