



Meet Su Li Ng...

Which elements of your personal yoga philosophy do you bring to your classes?

(There are so many elements of yoga philosophy that I try to bring into my classes. These are just two!)

In my classes, whenever I see someone pushing themselves when they should be pulling back, or when I notice that they are fighting whenever they need to let go, I try to incorporate **Ahimsa** into their practice. Ahimsa translates to non-harming, or non-violence. Whenever yoga practitioners are forcing their bodies to do things that they are not ready to do, I try to gently remind them to try to listen to the cues that their body is sending them. Being violent to the body means that they are no longer listening to the body. Since cultivating awareness of the body is one of the main reasons we practice yoga, we must practice ahimsa on ourselves.

I also try to remind yogis to do their practice alone, even if they are in a huge class. Just because someone is doing a pose, doesn't mean that we have to. I try to remind them not to look around and compare themselves with others. When they compare, they start to covet, and this means that they are no longer practicing **Aparigraha** (non-coveting). Sometimes, I even encourage practitioners to do yoga with their eyes (almost) closed! This way, they are working on their own bodies and at their own capacities.

Please tell us about the custom yoga bags that you design and create.

I started making yoga bags for myself because I needed bags that were big enough to carry two yoga mats at a time. Other yogis noticed the bright bags that I make and wanted some of their own too. They like the fact that the bags are handmade, and that the fabrics are so colourful and pretty. As I will make any excuse to play with different patterns and textures of fabrics, I was more than happy to continue making different styles of yoga bags. Even though I am just casually producing the bags, I make enough to be able to stock a small selection of bags at Beyond Yoga Studio in Ottawa. A minimum of 5% of the profits made from the sale of the yoga bags are donated to the Canadian Breast Cancer Society.

What's on your playlist?

This changes all the time, but for my faster tempo classes, I play music by Go-Ray and Duke, MC Yogi and DJ Drez. For slower classes, I stick to ambient music. However, to keep from getting too stale, I will also throw in some acoustic covers of popular music to the mix.