



Meet Hyunjoo Ro...

How did you begin your yoga journey?

My yoga journey began in Vancouver in 2005, where I moved to from Korea after University. Studying a new language in a foreign country was stressful at times. My mind was working so hard studying, that I felt I needed something physical to also work my body and hopefully help me feel more balanced and alleviate my stress. A friend of mine said that the downtown YMCA offered a Hatha yoga class and recommended that we try it together. From that first class there was an instant connection, a better association between my body & mind, and I knew I was hooked. My enthusiasm for yoga grew from that first class, eventually guiding me to attain certification and become an instructor.

What are the differences you have experienced practicing yoga in other cities?

There are some differences in terms of the sense of yoga community which I have experienced living in Halifax, Ottawa, and Vancouver, all of which I enjoyed. Being in a larger urban centre, like Ottawa, affords greater access to learning resources, advanced workshops, and diverse instructors. Smaller centres like Halifax tend to have tightly knit teaching groups and intimate learning environments. I feel lucky to have been exposed to both smaller and larger communities, and feel like Ottawa is a fantastic place to expand my exposure to new and varied methods and teachers.

What's on your playlist?

Here is the list of some of my favourite songs for yoga:

Songbird - Eva Cassidy
People help people - Birdy
Up in Flames - Coldplay
Om Mani Padme Hum - Mercedes Bahleda
Breath - Alexi Murdoch
Shine - Birdy