



When MBS announced they were starting a new instructor program, I was all in. Before I even read what was required, my heart said, "YES!" Whatever the Opening Yoga Instructor program entailed, I wanted it.

As the universe has a way of doing, the right student showed up for me. We met through mutual acquaintances...she was looking for a private yoga teacher and I am a yoga teacher. Only at the end of our first conversation did she mention, "I have Cerebral Palsy, but you wouldn't be able to tell by looking at me." Only then did I share that I had just recently completed my Level I/II training with MBS. Serendipity.

My student has been pushed her whole life to overcome her disability, to "not let it drag her down." In our first meeting, I invited her to consider simply accepting her CP during this process, and resist the impulse to fight it. I don't know how many people or practices have given her this invitation; I suspect not many. But she was ready for what yoga wanted to reveal to her. A natural achiever, she readily accepted my assignments of learning to ground, to sit still, to breathe. Over the course of our time together, we took on more "work." But her biggest work, in my observation, was simply accepting. No small feat, let's be honest.

By the end of our sessions, she was actively working to reorient her life and schedule to make more room for self-care and yoga. She no longer feels the need to press through her disability. To be a partner with her in her journey, this was such a gift. Because of this experience, when my next student comes along, I am more open, and ready. -- **Sarah Henderson**



Sarah Henderson is our first Opening Yoga Instructor (OYI) certification recipient. Sarah is the Director for Kids Holy Yoga and Adaptive Holy Yoga in Charlotte, North Carolina. Learn more about our OYI program [here](#).