



Reach Beyond Contest Winning Entry

"In 2014 I became severely depressed. I spiraled further and further until my loved ones made me see that this wasn't normal. I knew that I now had to do something for myself.

I had done a couple of yoga classes with Roberta a few years ago with my then 4 year old daughter and loved it. I knew this would be something I'd want to do again. I've been doing YFF (Yoga For Full Figures) with Roberta since September and I look so forward to those evenings because I know that I am doing this for myself. I know that I will have an hour of time to focus on my body and slowly figure out who I am. Yoga helps me relax and reconnect within myself. Learning about my spirit and how to overcome my negative tendencies to turn those thoughts into positive choices instead is hard work and yoga is assisting me in getting closer to my goal.

I've also started meditating and find it to be extremely useful. The combination of yoga and meditation have helped me so immensely in the last 5 months that I now find myself able to cope with and handle my daily tasks much easier. I'm excelling at work and my focus has improved beyond belief. Although I still don't quite know exactly who I am, I love the direction I'm headed in and I look forward to learning more about myself through the amazing world of yoga and meditation at Beyond Yoga Studio & Wellness Centre. It's a beautiful space and I'm so happy to be practicing my new found love in the most relaxing Studio in Ottawa."