

## ***Meet Jessica Puckering...***

### ***Tell us about your journey to the Taj Mahal:***

This past January, I had the privilege to cross several items off my bucket-list while spending a month abroad in India. Travelling for 10 days with a guided tour group around the Golden Triangle, we, of course, made a stop in Agra to visit one of the seven wonders of the world: the Taj Mahal. Viewing the Taj Mahal is as surreal an experience as stepping into the frame of a world-renowned painting. As you walk through the arched entryway, its breathtaking, perfectly symmetrical form slowly materializes before your eyes, as if out of thin air. For the historian, the Taj is considered a national treasure. For the romantic, it is a symbol of true love. For the realist, it's a tomb. Each perspective offers its own meaning, like with any work of art. If I have the privilege to see it again, I know it will be through a new lens & it will have a different meaning. But upon first sight, it was love.

### ***How does yoga nurture you?***

Yoga teaches me how to surf the waves of my thoughts and emotions without allowing the tide to pull me under. When a tidal wave occurs, as it will from time to time, yoga is the force that compels me to break through the surface of the water and look to the horizon. Yoga makes me stronger and more flexible inside and out. I love the freedom I feel in my body—the mobility of my joints, the power of my muscles, the capacity of my lungs—after I practice yoga. I love how refreshed I feel in body, mind, and spirit: ready to surf the next big wave! Yoga guides me to preserve harmony in all my relationships, to cultivate creativity in both thought and action, and to foster balance in all facets of my everyday life. Yoga is the voice that encourages me to make healthy choices, and that reminds me to be grateful for the abundance that surrounds me. It motivates me to continuously put my best foot forward in all my endeavours, and then to try the other foot because there is a reason we've got two! As poet E.E. Cummings would say, "one's not half two. It's two are halves of one".

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

A couple of my favorite songs to listen to while I practice yoga are: 'Festival' by Sigur Rós, 'La Valse d'Amélie (Version Piano)' by Yann Tiersen, and 'Guilty Cubicles' and 'Feel Good Lost' by Broken Social Scene. My favorite albums to listen to at the moment are: Yoga Padhi by Sounds of Isha, and Om Guitar by Stevin McNamara.