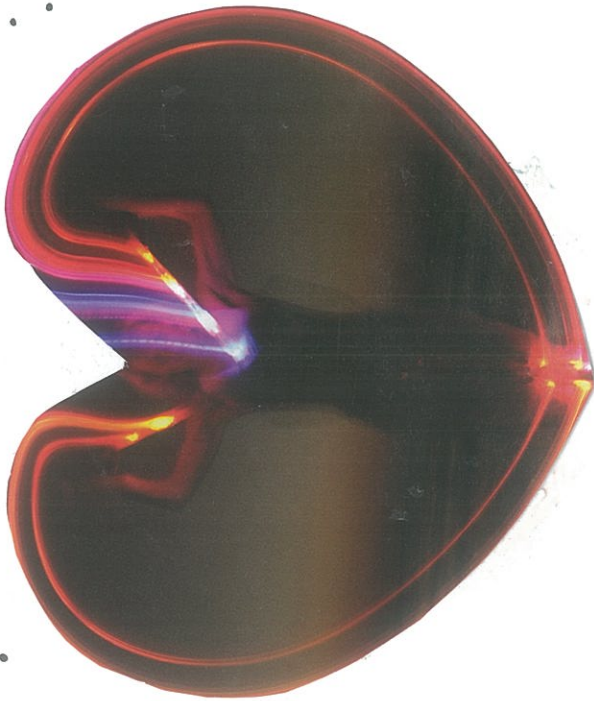


... THIS IS MY STORY ...



... THROUGH THE
HEART
OF
YOGA !



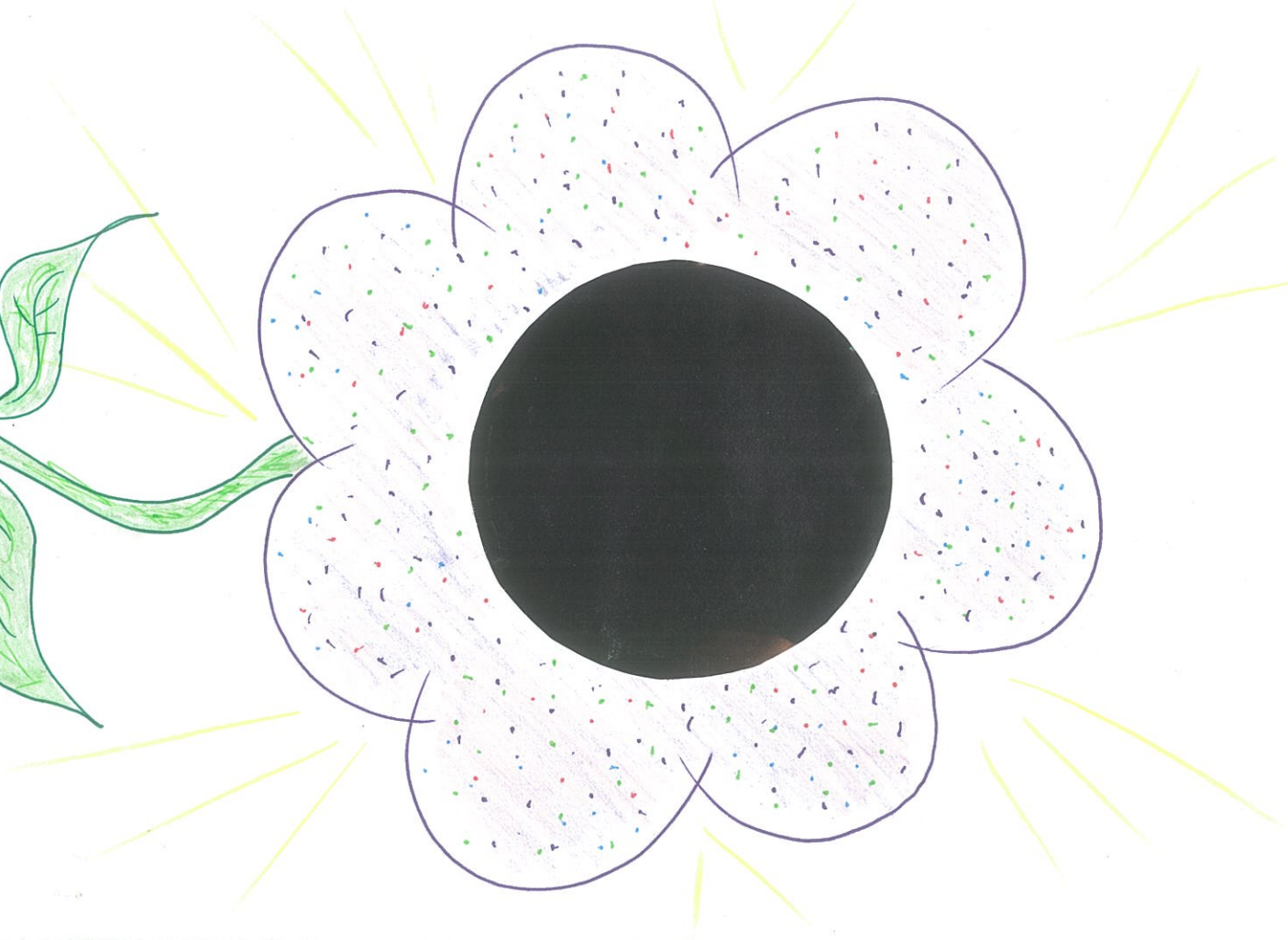
A Journey of the heart



can change the world.



My Community



Love Where you Live

IN
A BODY
I READ A BOOK
CALLED



THIS IS A TRUE STORY OF
UNDER PRIVILEGED
YOUNG WOMEN
IN AFGHANISTAN
AND
PAKISTAN.



I WAS
MOVED BY
THIS BOOK
I WANTED TO BE
ABLE TO GIVE THEM
THE OPPORTUNITY FOR
AN EDUCATION
THROUGH
YOGA

Who am I
connected with?
How am I
connected
to them



How could I do this?

I HAD BEEN VOLUNTEERING WITH THE
MUNICIPALITY TEACHING NIGHT AEROBICS
MIXED WITH YOGA. ONCE I WAS
OFFICIALLY QUALIFIED AS A YOGA
TEACHER, THEY PROMOTED IT IN
DIFFERENT COMMUNITIES.

THEN
IT
SPREAD!

IT
WAS
NOT CALLED YOGA AT FIRST BECAUSE
MY SUPERVISOR SAID, "HELEN, WE
CANNOT CALL IT YOGA, PEOPLE MAY
FEEL THREATENED BY SOME OF THE
POSES!"

SO,
WE CALLED
"GENTLE
EXERCISES."
BUT
IT WAS
YOGA
FROM THE
WORD
GO!

THE STUDENTS
WERE THRILLED
WHEN THEY
KNEW!



Senior Recreation

THE FIRST CLASSES WERE SHOW STUDENTS. I TAUGHT WITH REW YEAR 1 TWO YEARS THE FIRST CLASS. I WAS ONE CLASS. I WAS 12 CLASSES.



DURING THE CLASSES I WITNESSED SOME AMAZING STUDENTS WHO WOULD KATER YOGA THEMSELVES. BECOME TEACHERS



WITHOUT

COMPETITION.

TODAY WE HAVE A COMMUNITY OF YOGA TEACHERS!

WE SHARE INFORMATION AND SUPPORT EACH OTHER,

STUDENTS

CAME AND WENT BUT SOME HAVE BEEN IN THEIR CLASSES FOR NEARLY 20 YEARS NOW. THEY HAVE GROWN OLDER.

SOME ... ARE ON THE HAT.

SOME ... ON THE CHAIR.

SOME ... MIX BOTH.

THERE IS A W I D E

RANGE OF AGES DOING YOGA IN RICHMOND COUNTY. IN THE SENIOR CLASSES, MOST ARE IN THEIR LATE 60's TO 70's AND SEVERAL IN THEIR 80s!

AS A SENIOR MYSELF... I FEEL VALUED AND FULFILLED, AMAZED I CAME TO RURAL NOVA SCOTIA



AND FOUND THE BEST JOB I EVER HAD!

SO WITH JUST A TINY
LITTLE PEBBLE, THE
YOGA COMMUNITY



STARTED IN
RICHMOND
COUNTY!



I RECORDED
A YOGA CD
AND THE \$600
WAS DONATED.
NEXT SEVERAL YEARS
RAISED OVER THE
NEXT SEVERAL YEARS



ALSO AGAIN THROUGH
YOGA RAISING FUNDS
FOR THE
ARTHRITIS FOUNDATION.

SO THE
NUMBER OF
COMMUNITY AND
RELATIONSHIP

SPREAD

FAR AND WIDE; BUT IT STARTS
WITH OURSELVES IN OUR OWN
COMMUNITY!



THIS PAST
 SPRINGER
 VOLUNTEERED
 WITH THE
Walk about
 Heart & Stroke
 PROGRAM.

ONCE A WEEK I WAS JOINED BY SENIORS WHO SHARED THEIR STORIES. I LEARNED ABOUT THEIR LIFE AT THE RIVER.

AS I HAVE BEEN WRITING THIS, I HAVE COME TO A REALIZATION OF MY SENSE OF BELONGING TO RIVER BOURGEOIS.

THIS IS THE
 COMMUNITY I
 CHOSE TO
 BELIEVE IN
 25 YEARS
 AGO.

How
 EVER
 I
 FEEL

AT TIMES
 PEOPLE MAY
 SAY I AM AN
 OUTSIDER
 FROM AWAY.

I RESONATE WITH
 MY COMMUNITY

WE CAN MAKE OUR OWN
 SENSE OF BELONGING

THIS LITTLE POEM EXPRESSES MY JOURNEY:

THE FIRST CIRCLE OF A
 WATER RIPPLE
 IS SHE WHO DARES

SHE OPENS THE DOOR TO
 ADVENTURE AND

WIDENS OPPORTUNITY

SHE EGGS ON HER DIGGER SELF
 AND INTRODUCES NEW PARTS
 TO THE WORLD

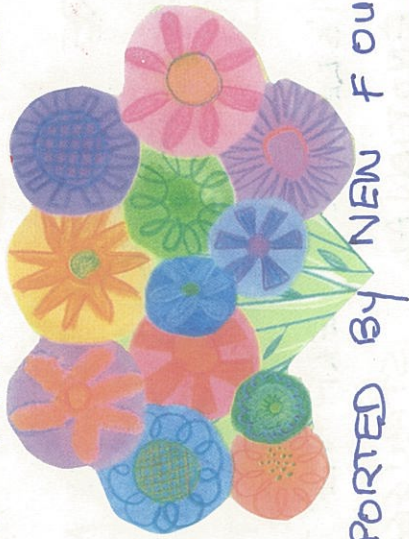
SHE GROWS EVEN IN HER OWN
 EYES AND SEES CREATIVE
 REFLECTIONS
 OF HER SPIRIT

SHE CRIES WITH JOY
 AT HER DISCOVERIES AND
 FILLS A QUIET HEAVEN
 WITH HER ENERGING SONGS

SHE PRAYS WITH THE STONE
 THAT SHAPES HER

- D. Aucoin

FINDING MYSELF EMOTIONALLY
FRAIL NOW, I HAVE TO REACH
DEEP WITHIN TO FIND STRENGTH.



SUPPORTED BY NEW FOUND
FRIENDS AND MY YOGA PRACTICE,
I BEGAN TO DISCOVER WHO I
WAS... BESIDES WIFE, MOTHER,
GRAND MOTHER...

BECOMING ACTIVE AND
STRONG ENOUGH TO BECOME A
YOGA TEACHER!



THE COMBINATION OF
GENTLE MOVEMENT

BREATHING, MEDITATION

ACCEPTANCE AND
LAUGHTER



HAS BROUGHT GREAT JOY TO BOTH
ME AND THE STUDENTS. WE MIGHT
SAY WE INSPIRE EACH OTHER. AT
TIMES THE POSES CAN BE CHALLENGING,
BUT THROUGH CONSTANT AWARENESS
OF THEIR BODY, A STUDENT CAN
GRADUALLY FIND THEIR OWN WAY
INTO A POSE.



Handwritten signature and date: 14.



LIKE YOGA,
LIFE CAN BE CHALLENGING
AT TIMES, BUT WITH CONSTANT
AWARENESS WE CAN FIND
OUR OWN WAY.

Living in rhythm

I THINK I DID!



THEN WHAT HAPPENS

THERE IS A CRISIS IN MY LIFE.
I NEEDED TO SIT STILL AND
REFLECT. YOGA WAS THE
VEHICLE TO HELP ME THROUGH
THE EMOTIONAL STRUGGLE,
HEART ATTACK, MARRIAGE
BREAK DOWN AND ABOVE

AT 60.

I WAS BEGINNING MY OWN JOURNEY.



Keeping you in motion through
all of life's adventures.

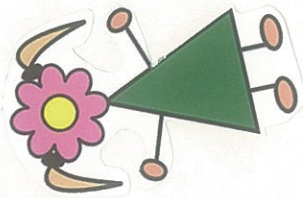
▲ IN MY TEEN
▲ YEARS,

▲ I MET A YOUNG ADVENTUROUS
▲ MAN WHO BECAME MY HUSBAND.

▲ HE BROUGHT OUT THE
▲ ADVENTUROUS SPIRIT IN ME.

▲ LATER, WE EMIGRATED ON AN
▲ ADVENTURE TO CANADA WITH
▲ 4 YOUNG CHILDREN.

▲ HERE I LEARNED TO BECOME
▲ STRONG AND HEALTHY THROUGH
▲ DIFFERENT PHYSICAL EXERCISES
▲ WHICH WOULD LEAD ME TO



YOGA!



SPACE

I HAVE FOUND A SPACE
SPACE INSIDE AND OUTSIDE
A SPACE TO LIVE MY TRUTH
REGARDLESS OF HOW IT IS

THE WORDS I HAVE HAD TO USE
AND LEARN

RINGING TRUE IN MY EARS
PEAKING THROUGH MY BEING
ALLOWING ME TO GROW
INTO A ME THAT I WOULD KNOW

I HAVE FOUND A SPACE

I DID NOT KNOW EXISTED IN ME

AS THE NEGATIVE ENERGY

WAS RELEASED

IT ALLOWED THE CREATIVE

ENERGY TO FLOW WITH A LIGHTNESS

THAT MAKES ME DANCE WITH LIFE

INTO THE UNKNOWN I GO

BECAUSE LITTLE DID I KNOW

WITH ALL THE SHAKING UP I RECEIVED

THIS WOULD BURST FORTH INSIDE

AND OUTSIDE OF ME

TO FILL THAT SPACE

THAT WOULD BE ME

H. SLADE



FOR ME,
IT HAS BEEN
A JOURNEY OF
COMMITMENT TO
SHARING MY PASSIONS

Living in Flow
with the
Pulse of Life

FOR STRENGTH AND
WELLNESS WITH
OTHERS



MY JOURNEY BEGINS
IN ENGLAND

AS A PHYSICALLY FRAIL
CHILD,

COMING FROM A POOR FAMILY
WHERE FOOD WAS NOT PLentiful.
MY MOTHER WAS LEFT ALONE
WITH 4 YOUNG CHILDREN WHEN
MY FATHER DIED.
I WAS SENT AWAY TO A
CONVALESCENT HOME FOR 2 YEARS
WHERE I BECAME STRONGER.

