

**Thea Nicholas, Yoga teacher.**

I began my yoga journey as many do, when my world turned upside down. The teacher wasn't very good. I didn't know what to expect much less how to do any 'yoga'. Our little group met in a private area for a summer—5 or 6 of us fumbling our way through. I didn't find the practice nourishing although I was happy to find that I could do what was asked, physically. It was a few more years before I returned to the practice of yoga. This time in a studio with a number of teachers who were all much better at teaching. I found nourishment and challenge, along with wise words and safe yoga practices.

This experience reminds me that yoga is there for us when we need it, even though we aren't quite sure what to expect. More important, it serves as a reminder to me to always remember what those first classes were like and to be the teacher that I wanted and needed way back when. Sitting in the seat of the teacher is a great honor. I am humbled each time by what I still need to learn. And learn I do, from my students.

My desire is to be the teacher that you need for your growth, understanding, and joy wherever you are on your path. For me yoga is far more than moving my body, it is a spiritual practice as well. When our mind, body and spirit are in alignment, there is no lack of strength, flexibility, or endurance to do what we have been called forth to do. We find our selves and find peace. We become the peace we want to see in the world.

Thea's motto is: *Be Alert! Be Alive! Be Aglow!*