

### **Thea Nicholas, Yoga teacher.**

Thea began her yoga journey as many do, when her world turned upside down. The teacher wasn't very good. She 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. She didn't find the practice nourishing although she was happy to find that she could do what was asked, physically. It was a few more years before Thea returned to the practice of yoga. This time in a studio with a number of teachers who were all much better at teaching. Thea found nourishment and challenge, along with wise words and safe yoga practices.

This experience reminds Thea 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 always remember what those first classes were like and to be the teacher that she wanted and needed way back when. Sitting in the seat of the teacher is a great honor. Thea is humbled each time by what she still needs to learn. And learn she does, from her students.

Thea's desire is to be the teacher that you need for your growth, understanding, and joy wherever you are on your path. For her yoga is far more than moving her 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 ourselves and find peace. We become the peace we want to see in the world. Thea is RYT-200, CRYT, with certifications in Yin Yoga and QiGong. I hold an MA in Theology and the Arts.

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