

# STORIES of SELF TRANSFORMATION

**“Last summer, I had a unique opportunity.”** A career change and an extended period of time off. Many years of working a high stress job had taken a toll on me, mentally and physically. I was a United Airlines 1K member, regularly traversing the globe. I was spending more time eating on planes, at airports and at business dinners than eating at home. I internalized my work stress and did little to address the resulting affects other than to funnel it back into my work.



When my employer relocated our offices to the midwest, I elected to remain in Seattle after a long 20 year career. After a few months of visiting friends and family and trying to occupy my new found time, my dearest friend invited me to a yoga class at UYS. Yoga? Seriously? I had a membership at a gym (which I periodically visited) and even had a stint with a personal trainer. What could yoga possibly do for me that a gym and trainer couldn't? On the other hand, it was an opportunity to spend some time with my friend and to try something new for a few months.

**“Fast forward five months from that first yoga class to current day. What has changed? Where do I start?”** I rarely miss a day of yoga (when I do I get grumpy)...I have lost a net of nearly 25 pounds...I have gained considerable strength (particularly in my core/lower back which for years caused me pain)...I can touch my toes...I can touch my toe to my forehead...I have learned to breathe (really Breathe)...do a tripod headstand, twist and turn in ways I wouldn't have thought possible...and the list goes on.

**“Not only have I progressed physically, but yoga has helped me even more so mentally, allowing me to focus my mind and energy, to not internalize stress (at least not nearly like I used to) and it certainly has made me a much happier person.”** One friend

now sends me pictures of myself that are several years old and points out that I looked like “a heart attack waiting to happen”. I can't disagree.

UYS has had such a positive impact on me. I love the yoga and I love the people. Kathy remembered my name on my second visit and she and the rest of the staff always greet me with a warm smile and “hello” every time I walk through the door. I haven't practiced yoga any place else, but I can't imagine a more welcoming place to go to each day, and I certainly can't imagine better instructors. I thank you all for your teachings and the individuality that you bring to UYS each and every day.

**“Would I recommend my friends to UYS?”** Absolutely, and I have been! Perhaps I am part of the reason that classes are sometimes mat to mat...I just want to share the experience and hope that my friends are able to get at least a glimpse into how yoga and UYS can bring a smile to their face too.

Thank you,  
 Carey Poynter.

# STORIES of **SELF** TRANSFORMATION

Yoga has always been a way for me to release stress in my life. I started six years ago, but just recently in the past couple of months started doing hot yoga at Urban Yoga Spa. I felt a change during my first class and it still continues to foster positive changes in my life.



Mostly because my practice helps me with whom I am, with my core and my mind. Going to my practice to me means dedicating time in the day for me. In the long run the personal time to myself helps me in my daily life with work and relationships. I've noticed other changes too, my body is stronger and I'm more toned then when I began. I breathe better and deeper and I can tell when I am working my abs. WOW! I've never been able to see my abs flex. I think another important thing I've noticed is that I drink more water and I eat healthier. I can't possibly imagine eating processed high in fat foods when I know I'm heading to yoga in a few hours. Over all hot yoga has been a great experience for my body, it's been a gift to my body! I would not only recommend hot yoga at Urban Yoga Spa to my friends, I'd recommend it for strangers too. There's no better studio with supporting teachers, staff, and a beautiful clean environment.

Zong Her  
Marketing Director  
Girl Power Hour

# STORIES of **SELF** TRANSFORMATION

I am Mauro. In late October of 2009, I found The Urban Yoga Spa in my "hood". So, I said to myself, I need to start something.



At the time, I was taking high doses of High Blood Pressure and High Cholesterol Medication. **After practicing Hot Yoga at UYS for about a week, I found out how much fun it is and what a great way for me to exercise and also be a better person.** I own Assaggio Ristorante in Downtown Seattle, and I have a very stressful job. I have been coming to Hot Yoga @ UYS everyday, and the improvement of my well being, transformation and flexibility is amazing! I have lost 4 inches in my waist...I have also lost 28 pounds. **Best of all, I don't take any more medication! I truly believe this is a way of thinking about respecting your body.** I have found my hobby...I am hooked for life!

Mauro Golmarvi  
Owner, Assaggio Ristorante  
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