

“I am the tree!
The tree is me!”

This redwood tree, planted in 1908,
will turn 100 years old next year.
*Special thanks to Gary Deutschman
for the use of his home.*

Eka Pada Rajakapotasana (Pigeon Pose)

Keshni Kashyap, Writer

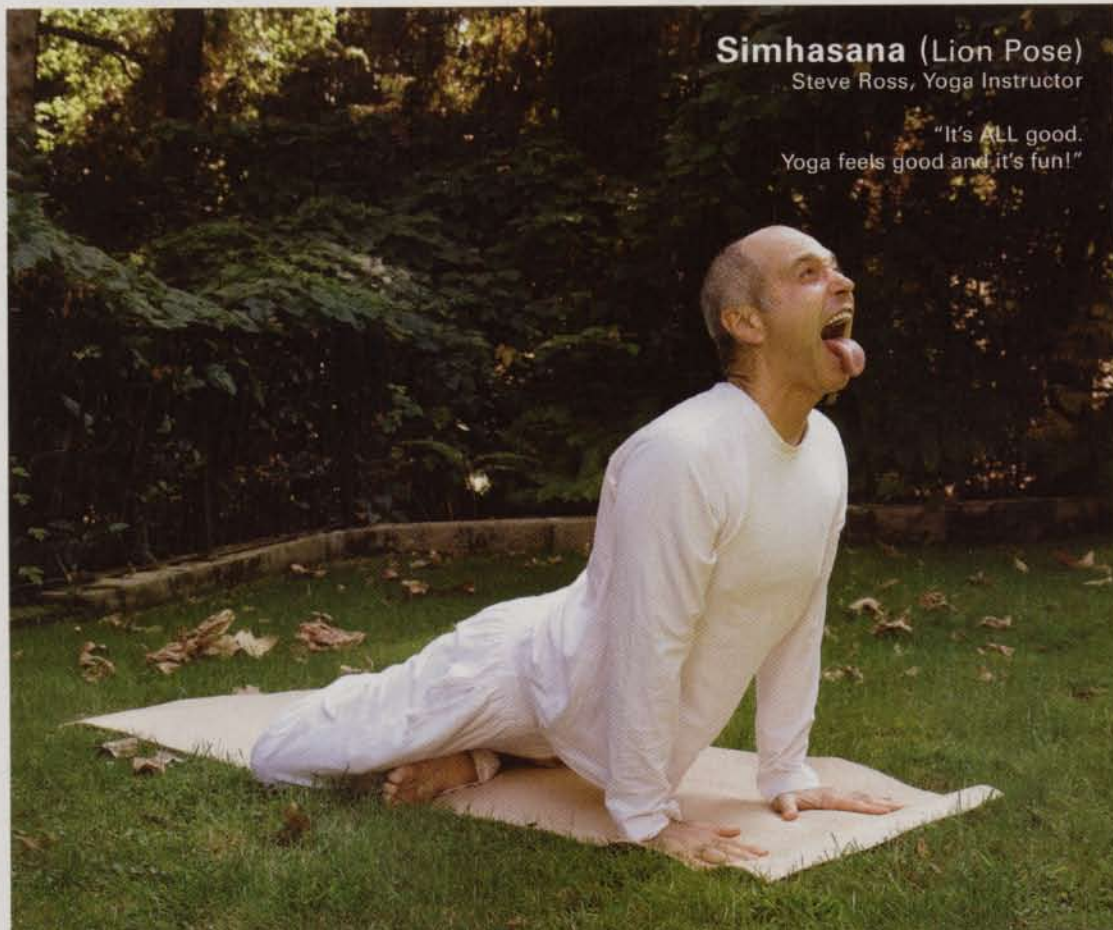
"Pigeon opens my hips
and makes me feel creative!"



Simhasana (Lion Pose)

Steve Ross, Yoga Instructor

"It's ALL good.
Yoga feels good and it's fun!"



Padmasana (Full Lotus)

Sara Ivanhoe, Yoga Instructor/writer
www.saraivanhoe.com

"Like the lotus flower that grows
out of the mud, I feel totally grounded
here, balanced...so that I can
bloom completely."

