

# Amrita



Osho teaches us to make this world a happier and more beautiful place than we found it; to spread laughter and love and to grow more flowers. I think we all have the ability to make a more beautiful world by sharing our own unique offering. Each one of us is a seed of limitless potential.

When we connect and align with our unique gifts, we can take action to spread and share them with others. This enhances the beauty of our earth and uplifts us all. My way to grow more flowers around the earth is by sharing the joy of yoga. Through many years of steady, devoted yoga and meditation practice, and connecting more deeply to my heart, I have cultivated an inner joyfulness that infuses all aspects of my life. It is this ever-blossoming joyfulness that I spread through teaching yoga.

Many of my students have been with me for years, and together we have created a community. It is more than just a yoga asana practice. By sharing the insights I have gleaned in over 20 years of personal practice and teaching, the bliss and love I feel in my heart flows naturally through me to my students. This became especially apparent when the pandemic began and everyone needed to shelter in place. As the yoga studios all closed, I took my classes online, tailoring each class to plant seeds of wellness, inspiration, and hope. Even virtually, the classes rooted everyone in the present moment, serving as an anchor amid overwhelming uncertainty. I quickly saw how vital and nurturing my offering was. My students continue to confide in me that our time together makes them feel cared for, loved, and safe.

Of course, off the mat is where the true yoga takes place, blooming and growing in a variety of ways. Students leave class feeling more grounded, nourished, and supported. In turn, they are able to share this sense of wellbeing and ease with their family, friends, colleagues, and community. This giving and receiving from the heart, which effortlessly radiates through me, out to my students and beyond, then back again, creates a circle that lovingly embraces us all. Giving and receiving are the same, and all is love. I feel grateful that I can tend and offer this garden of love through teaching yoga and inspiring others to do so in their own way. 🌱

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