

## Caryn Smith

### 2015 100-hour certification in Restorative and Therapeutic Yoga

Caryn discovered yoga by accident four years ago when a friend piqued her interest in Kundalini Yoga. After a few sessions, she was hooked and completed teacher training a year later.



She signed up for the Restorative and Therapeutic Yoga certification with the idea of enhancing her training in Kundalini Yoga. She got exponentially more than just new yoga skills. "I learned so much about my body through the entire process. Finding out the source of my physical limitations was reassuring. Then learning how to correct them through Restorative or Therapeutic Yoga postures was even more encouraging." Caryn wants to show students how they can find relief through yoga for stubborn issues that have bothered them for many years.

"Also, one of my missions as a teacher has been to inspire others to accept their bodies just as they are. If you want to make improvements, it's good to set a goal. But don't get discouraged because your body doesn't look or move like some else's."

"I'm very thankful for the insights I gained from Janet and Victor from their teaching. Their knowledge of yoga and how the body's anatomy responds to it is exceptional." Along with the physical rewards of practicing yoga, she feels more calm under stress and is more spiritually connected than she was before.

Currently, Caryn lives in Fort Worth, TX and enjoys gardening, learning about natural and herbal remedies, and coming up with new healthy and gluten free dishes. She teaches yoga at Fit4040 in Irving, TX. Her class is a fusion of Yin Yoga

and Kundalini Yoga postures ending in a restful Restorative Yoga pose. Her future goals include using the tools she learned at YSA to provide personalized yoga to help clients who have specific issues, learning Ayurvedic Medicine, and holding workshops in Restorative Yoga and Yoga Nidra.