

## How yoga changed my life by Angela Cutcliffe

As a child my relationship to life was formed by being alone in nature with animals, watching, looking and being.

I loved days at the seaside watching the waves gently lap up the beach, believing each one came to give me a message. Or being on the farm walking in the fields and the woods.

Later when I went to school I felt imprisoned and unwilling to learn. In my mind there had to be more to life than this. It was no surprise the I left school as soon as possible. At sixteen I went to train in London as a hairdresser.

It was here that my life began to open up, where I was introduced to my first yoga teacher. This was the first time I felt great excitement and for the first time I was eager to learn.

Yoga became part of my life. I practised with this teacher for some years, reading and learning. I found that, wherever I was, yoga had become my dearest friend and never left my soul.

Whenever I moved I found another teacher and only for a short while when my children were very young did I give up yoga. Even then I found with very little practice here or there I made a connection back to yoga very quickly.

Years later I lost my youngest son. Such deep grief, every part of my being closed down.

My yoga teacher, Caroline, gently encouraged me back to yoga. I remember so well that there were literally seconds where I let go of grief. It was like a very faint knock at my door but I heard it.

Yoga brought me home again to a happiness I never expected to find, much deeper than before, freer from outside pain, another level. It opened my heart, enriching my life.

*'Caroline's dedication to practice is a true gift to us all. Our bodies are so thankful that they beckon us to travel deeper and deeper into this inner world of possibilities.'* Angela