



ॐ om beginnings

# YOGA CHANGED MY LIFE

Yoga united Lindsey Porter with a desire to deepen her links with the community



**NAME:** Lindsey Porter

**AGE:** 43

**OCCUPATION:** Banker turned yoga teacher

**YOGA YEARS:** 17

## MT KAILASH Yoga Pilgrimage TIBET-NEPAL 2017

### Travel Options:

25 June – 19 July 2017

24 July – 17 Aug 2017

22 Aug – 15 Sept 2017



Journey to mystical Mt Kailash and Lake Manasarovar near the juncture of the Tibet-India-Nepal border, departing from and returning to Kathmandu, Nepal. Visit the Potala palace, temples and monasteries of Lhasa, Yamdrok Tso lake, Gyantse, Lake Manasarovar and thermal springs arriving for the full moon to participate in the traditional Yoga pilgrimage walk around Mt Kailash. Appreciate a broader understanding of ancient and contemporary Yoga traditions including the commonalities and distinctions across Buddhist, Bonn, Hindu and Western perspectives. Optional Yoga practices and discussions.



### Why did you start yoga

Yoga found me in my 20s when the bank I was working for introduced it as a lunchtime session. I needed it to bring about more balance in my life. Yoga is now my companion. During my 30s it helped keep me sane through the sleep deprived years of motherhood and now in my 40s I'm loving the journey of sharing yoga through my work.

### How has yoga changed your life

Yoga has allowed me to find a meaningful way to connect with the community both in a local geographical sense and a wider virtual sense through the wonders of social media. It's enabled me to grow creatively through developing projects and ideas on ways to connect people to yoga. For example, in January, we released YED Talk Podcasts (Yoga Every Day), sharing daily bitesize insights about all things yoga (check them out here: [yoganuu.com/yed-talks](http://yoganuu.com/yed-talks)). I created these with Emma Frame who runs a directory of yoga classes for Glasgow ([Yog-ee.com](http://Yog-ee.com)).

### Favourite yoga haunts

Taking my mat outdoors and breathing through sun salutations whilst facing the sunrise. We often do this during wellbeing retreats I co-host at Kinloch Rannoch in the Scottish Highlands. Indoors, the lovely Yoga Tree studio in Stirling [featured in OM in March 2015] has a great ambience with a cosy vintage style seating area to chill and chat before or after class. This June, I'll also be holding one of Scotland's first Curvy Yoga workshops there after training in body acceptance yoga with Anna Guest-Jelley in the US.

### Best yoga moment

Having a personal audience with Sri Sri Ravi Shankar, the international peace ambassador and Art of Living Founder in Rishikesh during my yoga teacher training. Also, more recently, sharing Chair Yoga with a group of elderly people in a dementia care home in Falkirk. The lady who had been sitting to my left was 97 years old. Beautiful moments to treasure.

### Anything else

I feel driven towards helping make yoga more accessible throughout the community. It's great to see more styles of yoga becoming available to suit different people. Edinburgh recently held its third Pay-it-Forward Yoga festival, run by Edinburgh Community Yoga Outreach. It's a non-profit founded by Laura Wilson, which enables more than 800 of Edinburgh's most vulnerable people with mental and enduring health conditions access to the healing benefits of yoga.

[yoga@yoganature.org](mailto:yoga@yoganature.org)  
[www.yoganature.org](http://www.yoganature.org)