

Hi James.

I don't expect a reply to this email but really just wanted to share some news while it's fresh in my mind. I have been working with a woman just turned 59, that is healing from the removal of a breast lump and radiation treatment. We are not yet doing an hour of the Discovery syllabus, but a lot of the Yoga Therapy I have learnt with Nicky. I see this woman every Monday morning and there is an obvious change in her every week. The first change was her posture. She looks taller, her shoulders have softened and her neck looks longer. Her eyes are always so bright at the end of the session and she is calm.

But as of this last Monday I have noticed a huge shift. For as long as I have known this woman, the surrounds of her eyes have been a deep yellow colour that she covered with makeup. It was always really noticeable to me and in Chinese Medicine would indicate a poor spleen energy. Her inner ankles rolled in slightly and her pelvic floor was weak. I have spent a lot of time with exercises to lift the arches and inner legs, talking about the bandhas and lifting up through the crown of the head. When I arrived this week I noticed all of the dark yellow gone from around her eyes. I asked her if she were wearing foundation which she wasn't. I told her I noticed a change in her skin colour and she said she had noticed it as well. For as long as she can remember she had this yellow tinge around her eyes.

After her radiation she had a stress fracture in the foot on the same side as the breast lump and radiation treatment. This ankle was tight and she had discomfort when sitting in Virasana. There has been a shift and all of the discomfort has gone and she can now sit comfortably in Virasana for an extended period. She is so enthusiastic to meet every week which is great. I am now trying to make her understand that she is healing herself through this practice, not me. It is important to empower vulnerable people with the understanding that they are in control of their health and well being.