

WHAT MAKES YOU

INGRID
YANG

CHICAGO, IL



Connection. Love, mindful action, purposeful living. In yoga, we meet our connectedness in union with all. As a future physician, I hope to connect yoga's healing power with allopathic medicine. Forging this path of union and sharing it with others makes me come alive.

WWW.INGRIDYANG.COM

KATIE
SILCOX

SAN FRANCISCO, CA



Feeling the backs of my legs connect to the earth, swimming in a turquoise sea, having a bright fire in my belly, eating home-cooked meals, drinking tea, allowing my emotions to flow through, teaching yoga, writing, being in the company of vulnerability and authenticity, my teacher, my students, candle-lit laughter with a sweetheart, reading poetry, doing pranayama.

PHOTO: JENNIFER GRAHAM
PARAYOGINI.COM

MATT
PESENDIAN

LOS ANGELES, CA



Yoga is a tool that uncovers, brings light, and amplifies the inherent abilities and gifts that live deep with each and everyone of us. I am most alive when I'm in a state of selfless service, sharing and exploring the sacred art of yoga.

PHOTO: JAYE AZOFF
BODHIMANDA.COM +
LONGEVITYQIGONG.COM

NICOLAI
BACHMAN

SANTA FE, NM



I feel most alive when I experience something that makes me smile: witnessing an unsolicited act of kindness, walking in the forest, sharing in another person's joy or good fortune, or connecting deeply with a close friend.

SANSKRITSOUNDS.COM

BARBARA
BENAGH

BOSTON, MA.



Helping students gain better understanding of asana and mindfulness in yoga. Also, I've stopped traveling much to teach. Staying home more is fantastic! Having the time to build on a theme over several weeks with local students is particularly rich.

YOGASTUDIO.ORG

COME MOST ALIVE?

JAMES
TENNANT
CHICAGO, IL



Deep, conscious breaths. Travel. Sharing a meal with family and friends. Laughing out loud. Loving someone. Extending a helping hand. Mental snapshots. Working with my hands. Organized chaos. Leaving my comfort zone. Balance. Dancing. Playing in the mud. Being loved. Realizations about myself. Learning.

PHOTO: KRISTIE KAHN
TEJASYOGACHICAGO.COM

GABRIEL
HALPERN
CHICAGO, IL

Taking pain away from chronically injured students. Traveling overseas and speaking the language of that country. Making my wife laugh. Having my kids love my pasta sauce. Playing guitar with AC/DC and singing harmony with the Beatles. Mentoring and being the ritual elder of my community.



PHOTO: JIM FURR
YOGACIRCLE.COM

YOLI
MAYA YEH
CHICAGO, IL



Applying myself in the world with my gifts and abilities is what makes me come alive. Whether it's sharing kids' yoga with a special needs population or supporting someone through their healing journey, yoga is my way of being inside and out.

PHOTO: FERNANDA
SCHWARTZ
YOGAWITHYOLI.COM

CLAIRE
MARK
CHICAGO, IL

Self-publishing my first cookbook. Collaborating on new projects with smart, interesting, and creative friends. Practicing yoga and teaching yoga. Walking on the lakefront or oceanfront. Watching surfers. Cooking for people. Photography. Traveling to new places. Spending time with my adorable nephew Harry.



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