

I have been practicing yoga for over 10 years; however, my passion for yoga truly began a little over 2 years ago.

Let me share a little bit of my story with you...

I was born in Ottawa and moved to Halifax one year ago coaching canoe and kayak athletes in Waverley. As a former elite kayak athlete myself, yoga was introduced into my training program for flexibility purposes over 10 years ago. I always enjoyed a hot yin class after a long cross-country ski in the winter.

In September 2011, after transitioning from a competitive athlete to a more 'active for life' mindset, my life changed. I was hit by a car while cycling in Ottawa – I broke my scapula, broke C5-T3, 2 ribs, punctured my left lung, tore my AC joint, and had a blood clot in my jugular, to name a few. I was told that my strength in my back saved my life. I knew what I did next in my life needed purpose. After 7 months of intense physical rehabilitative therapy, I found yoga. Or perhaps yoga found me.

I began practicing yoga often and became in tune with what truly mattered to me – my family, friends, the outdoors, and laughing. Little things did not bother me as much. I stayed positive and took my recovery one day at a time. Resting is very difficult for me – I am a planner and enjoy being busy. I was forced to slow down and listen to my body, another lesson I learned through my accident and is reiterated through yoga.

Restorative and yin classes were my go-to.

I am constantly learning about myself through yoga – how to relax, focus on my breathing, calm my mind, and show compassion for others and myself, while I physically exert my body. I love the mental and physical stimulation and challenge.

There are a handful of things I love about Halifax Yoga, the community, the smiles, the teachers and their eagerness to share their best practices with their members, the programs, and the variety of classes offered.

I will leave you with my two biggest learnings to date – life is amazing and life goes on.

~ Diana Deek ~

