

# GET TO KNOW US!

Mary Basch

## October 2014 Teacher Highlight



**Three things you may not know about me are...** In high school I wanted to be an artist, I have my undergrad degree in Accounting and my MBA in Finance, and I finish the crossword puzzle every day - even if it takes all day.

**The best part of my life is...**the present moment, even when it really sucks.

**What inspired me to become a yoga teacher?** At the time, there weren't any teachers in the area and I couldn't practice consistently.

**I prepare for my classes by...**reading through my many yoga books for a theme and then deciding which poses I want to teach.

**I am looking forward to...**traveling more with my husband since both of my girls are in college.

**My favorite yoga pose is...**downward dog, because it brings me back to neutral.

**When I'm not teaching, I am probably...**reading, walking, or at a fabulous yoga class at Oasis.

**My current favorite quote or mantra is...** "This too shall pass."

**If I could change anything in this world, it would be...** Everyone needs to practice yoga, because if they did this world would be a kinder, gentler place.

---

Come take a class with Mary! If you have never been to her class, try one for FREE this month! (Just mention it at the front desk.)



### Mary Teaches:

MONDAY - 7:30am Rise & Shine Flow

TUESDAY -12:45pm All Level Flow

WEDNESDAY - 10am Align & Flow

ALSO, Look for Mary subbing other classes!