

## **Interview with Penny Noble, C-IAYT**

My name is Penny Noble. I have been an educator throughout my career and have a Masters in Education and a Graduate Certificate in TESOL. I started my yoga training in 1996, in Australia, but didn't feel I knew enough to teach. I also had reservations about some of the asana teachings for my body ? not all poses seemed to work for me, and I drifted away from yoga. Years later, I embarked on practicing yoga with an emphasis on therapeutics, and this seemed to make more sense to me, for my body, in my stage of life.

### **What does it mean to you to now be C-IAYT?**

I am excited that the course I completed and my grandparenting application has been recognized by a formal accrediting body.

### **What initially brought you to Yoga Therapy International?**

I had moved to Vancouver with my husband, who was working there. I decided it would be a good time to pursue more work in yoga, and the idea of Therapeutic Yoga, then Yoga Therapy as offered at Yoga Therapy International (YTI), seemed like the perfect fit.

### **How did YTI influence your work, practice, and/or career?**

I hadn't intended on being a yoga therapist but cannot imagine teaching yoga without this deeper understanding as passed on through the Krishnamacharya tradition, via YTI. My previous yoga experience had focused mainly on asana with some of the more spiritual aspects, but they didn't mean so much to me at the time. The application of breath, the focus on body and mind, and the knowledge to modify classical asanas, as taught by YTI, created a more integrated practice for me, which, combined with the **practice** of the yoga sutras,

created a fuller and more balanced aspect to my life.

In my teaching, the emphasis on slowing down, working with and adapting for the individual, and the emphasis on the Panca maya model all make for a much safer, more integrated practice both on and off the mat.

### **What's one thing you would say to anyone who is considering studying with Yoga Therapy International?**

I would say to trust in the process. I didn't really appreciate the fullness of the teachings until I was applying yoga therapy. The pieces fall together when combined with creating a relationship with clients, working together on removing obstacles, observing habits or samskaras, and letting go of the outcome.

### **What's one thing you would say to anyone who has never experienced yoga therapy?**

Again, I would say to trust and be open to the process, work with the practices that feel comfortable, and come to love the practices that don't feel so comfortable. Be prepared for self reflection: does this feel right for me, in my body, in my mind? Moving out of our comfort zone, in body, mind, and spirit can be the greatest gift we give ourselves. Keep refining your practice and, in doing so, learning about one self.

### **After becoming a CYT, what did you hope and/or plan to do? Is there a special project or initiative that you want to undertake and, if so, where and when?**

My life involves a lot of travel, so it has been more difficult for me to establish clients in any one place. I hope to offer a more mobile Yoga Therapy practice as well as short series of classes.

I also hope to continue working with immigrants, offering Yoga and Stress, whilst incorporating English language for them.

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