

My name's Deana. I am a biology major here at TWU and I've been taking yoga classes here at the Fit and Rec for about three or four months now. So I definitely enjoy the fact that I can challenge myself to the degree that I want to on that given day. Sometimes my energy level is really low. Sometimes I'm ready to take on the world and so the fact that it is such an adaptable class like a lot of the teachers they'll say this is your yoga practice so I get to kind of take it on in the way that I'm feeling like that day. I know at first I didn't quite expect it. I expected it to just be stretching, trying to stand on one leg but it's a lot more than that. When you think about all of the stuff that your body has to do to maintain a specific pose and everything and so I've definitely grown in my physical strength and capabilities through doing yoga.