

Kelly – I do not believe that you are receiving my emails. I replied to your first email and then to the 2nd email, but never heard back from you. This leads me to believe that you aren't getting my messages. So I thought I would post it on my website hoping that you'll see this!

Here is a copy of my original email:

Hi Kelly! Thank you for your email. I can truly relate. I went through the same thing a few years back and would love to share my thoughts. Of course, putting them down on email is hard. So I'll answer a couple questions and then maybe we can talk on the phone or if you live in the area we could meet for coffee one day.

I did my training at Global Yoga Center in Chicago with Rhonda Kantor. I really liked her approach because she teaches the philosophy that is true to yoga but doesn't "force" it on you. In fact we had numerous class discussions on how we all felt about the philosophy and how that integrated in our own belief system. I felt very open to share my Christian faith. In a class of about 12, there were 2 other ladies that talked openly about their relationship with Christ. The rest of the class was searching.... some were Buddhist.... some Jewish.... At the end of the training I felt good that I learned the real philosophy of yoga (not watered down) and at the same time was able to share my faith. When I teach classes, especially to new participants, I openly talk about my faith and how some may feel that it is contrary to yogic philosophy. But because I understand the philosophy and where it came from I can clearly teach the philosophy and at the same time teach them the truth of Jesus Christ. It's pretty cool!

That's a brief overview of what you were asking. Let me know if you would prefer to email, phone or meet for coffee to discuss further. Also, please feel free to come to one of my classes. Let me know if you plan on coming and that way I can alert the staff.

I will be praying for your journey. It's clear to me that God is stirring within you and deepening your faith. I will pray for a peace and clear direction that only God can provide.

Thanks!
Shane