

Featured Teacher: Tracy Sosa



What brought you to Los Angeles? *I came to LA in 1988 to pursue a career in modeling and to live with my mom. I was not cut out for modeling, but loved being here and so I stayed!*

How did you find yoga?: *I found yoga when I thought my head was going to explode. I was putting a lot of pressure on myself to accomplish a lot of things, and after my first class I thought, "Oh. I'm a different person after I do this. Very awesome."*

Cat person, or dog person?: *I have a dog named Louie who acts like a cat. He lays down on me when I meditate. It's pretty cool.*

Favorite season: *My favorite season is summer. The hotter the better. I am happiest when it is over 80 degrees. Kinda like Heat Miser.*

Dream vacation destination: *Anywhere in Europe and anywhere with umbrella drinks.*

Childhood ambition?: *My childhood ambition was to marry Michael Jackson.*

Three words to describe yourself: *Energetic, expectant, and optimistic.*

Proudest achievement: *My children of course, but also the ability to forgive myself when I mess up.*

Weirdest personality trait: *One of my weirdest personality traits is that in my head I am always correcting people's grammar. I have learned now not to say anything. :)*

Favorite indulgence: *Driving to Santa Barbara to eat at Arigato Sushi.*

Pick a superpower: *My super power would be flying or floating. I already do that in my dreams.*

Tracy teaches **Yoga & Meditation** on Mondays at 8:15pm;
and **Basics** on Wednesdays at 4pm. Both just \$9 each.

Join Tracy for the **Practical Meditation Workshop** on June 14th!



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