Profile – Kerry Hill

Like many of you listening to this message today, I first began yoga as a form of exercise. After practising yoga I would always feel good, more balanced, more aware, my body changed, I became stronger both physically and mentally. After almost 20 years of practicing I have discovered that yoga can offer relief from pain, it can offer respite from a busy mind but it **can also offer so much more**.

Do you ever feel that something is missing? I did. I was always looking outside of myself to find the answer. Yoga gives me peace from continual searching on the outside to plug that empty hole. Yoga has freed my need to constantly compare my situation with someone elses; it has given me the strength to be content in the current moment rather than wishing time away.

As a teacher I want to engage with students. I want to share the science of yoga that promises a fit healthy body, a calm mind and so much more.

When you become in touch with your centre things begin to happen. All the things you felt were unobtainable naturally fall into place. Hence HomeYoga was born. My vision is to build a community of passionate teachers and committed students who are learning from one another.

Namaste