\*From iPhone\*

February 17, 2019

End of week 1 of YTT

Definitely feeling so many varieties of emotions.

1 second I’ll be wanting to indulge in yoga for the rest of my life and researching teacher trainings to continue while abroad...

Then the next I’ll find myself in a deep, low... feeling guilty about sneaking spoonfuls of Nutella.

Then the next I’ll want to just drop the travel bug and go home to my family.

Then the next I have nightmares about doing that, and want to drop my home life and travel forever.

Then the next I want to volunteer while traveling.

Then the next I want to work while traveling.

Then I want to stay in Asia.

Then I want to go to South America.

I don’t know what I want yet. I don’t know where my head is at yet.

Whenever I think of the future, I’m in Colorado.

I just realized that.

I’m not in Switzerland, surprisingly enough. I’m in Colorado... damn.

Honestly, at this point, here is my go to list for school:

Oxford - first above anything

University of washington (if I make it in) might be tied with Colorado

Colorado - top choice

Switzerland - next

UCD - only in the playing cards if I get a full ride scholarship

Damn.

I’ve got a lot of meditating and reflecting to do.

I do think that Colorado would provide a LOT of what I need in a good home for the next 5 years. Outdoors, amazing research potential, tbh legalized weed, amazing advisor, a program i know a lot about, an in for a good and sporty community, close to home....

Washington seems to have similar prospects, although I know nothing of their program or their students. I’ll need to do some investigation.

In terms of the rest of my travels.... I have a feeling I will either stay in Asia for a LONG time, or leave when my Thai passport is up. I’m pretty split at this point. I think I’ll only go to South America if I have a job lined up. Or a volunteer opportunity through workaway... I’ll need to look into that too.

I led the classes centering today. I was nervous, but it felt SO GOOD. I received a few compliments from people afterwards... and when I was done, I looked at Hailey and saw she had been crying.

I spoke about vulnerability and the beauty of embracing fears and letting them go, releasing them. That’s the first experience I’ve had bringing someone to tears (in a good way) with my words... I feel that this journey is meant for me.

I AM SO EXCITED TO BE A YOGA TEACHER!!!!

More soon.

PS I swallowed a pill meant for my vagina. Hopefully I make it through the night.