\*From iPhone\*

Betty

Quick life update: I’m volunteering on an eco reserve in the jungles of northern Colombia for a while. I’ll be helping with sustainable farming practices, teaching yoga to kids from a tiny school down the road, and teaching yoga to adults from the nearest town an hour away... all in Spanish. I’m not going to lie, the lack of power, cell service, internet, food, civilization, and English is already a bit of a challenge. But I also can’t begin to describe how grateful I am for this opportunity to grow and challenge myself... The people who live here, the culture of this country, and the beauty of Mother Nature are already inspiring me beyond belief. 💗🙏💗

#Colombia #Reserva #Yoga #Gratitude #Vida

This is honest too. I’m about to go to bed so I won’t say much. But walking barefoot in the reserve today was such a powerful experience. Meeting Betty and hearing how autonomous and strong she is fucking inspires me. I know I will grow so much here. I’m so fucking ready for this.