

Shakti Student Success Story

Margy McCay

Margy McCay is a diligent and conscientious practitioner of all things yoga, and has been a student of Shakti since the Yoga Room days (remember those?). In addition to private yoga lessons with Anna, Margy has just started her **THIRD** 100 class card! She also completed SHAKTIBODY's 10-week Yoga Immersion in December (not yet ready to take the plunge into YIKES! teaching...) AND has just finished converting her guest bedroom into her VERY OWN Yoga Room!

“Anna was the inspiration for creating my yoga room,” said Margy. “A few years ago I was struggling with inversions, and she asked if I practiced at home. I said I didn't really have a good spot, and in her loving way, she asked: ‘You've got a whole house, and you can't find a place?’

“That off-hand comment a couple years ago prompted me to focus on how important yoga is to me. And from that realization came my yoga room and an interest in deepening my practice beyond the classes I enjoy so much at Shakti.

“I began practicing yoga as a way to cope with some big events in my life, and it truly has been life-changing. I can't imagine my life today without yoga and Shakti.”

Please join us in honoring Margy with a GREAT BIG “YOU ROCK!” May we all strive to make the time to commit more deeply to this amazing practice that serves us on so many levels. Thank you Margy for being such an inspiration to all of us at Shakti, your energy and enthusiasm make each class you attend a pleasure to be in.

