

It has been sixteen years since we opened our doors. It has been a fantastic journey. I have appreciated all of you and have been honored to watch your practice evolve. It has been a true gift to see your commitment when we each faced our own challenges in the past and how the common thread was for all of us to "return to the mat."

Through the years and life's upheavals, Metta has been my safe haven, my sanctuary. I feel a great sense of peace here. I have yet to count all the classes I have taken and taught at Metta, but I know that after nearly twenty years as a teacher, it never gets old. Every time I enter the hot room, I feel rooted in you and your amazing, complex bodies. Thank you for that. I will be forever grateful.

Children grow up; they leave the nest, they create a life for themselves, and we as parents grow both wiser and older. As our bodies age, we appreciate them more each day, and we grow more aware of each breath we take without thought. We hear ourselves breathe, and when we gather to practice, we connect to the force that draws us together in the studio. We get to do yoga; we are blessed; we are the lucky ones.

I love what I do, and I love you. Thank you all for making these many years so unbelievable for me. I so appreciate you. I also thank the many teachers who have walked through the doors since we opened. We would not be standing on our mats if it weren't for their skill and their love for this yoga. May we all, teachers and students, continue to grow and continue to find

sanctuary from this tumultuous world in the hot room. I am
honored that you choose Metta as your sanctuary.