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Electric Reawakening... A Personal Story of Rebirth

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In 2019, I was presented with the opportunity to join a yoga teacher training. I initially dismissed this because I did not feel like this was my path. I could only envision being a student rather than a leader. Upon sitting with the opportunity, I reevaluated the experience and knew that it was time for a change in me. Oh boy, I did not know all the beautiful things about to happen!

I entered yoga teacher training with the wrong perspective. I was scared because of the age discrepancy between myself and the idea of demanding presence from an audience that I was unsure would accept me. Life presents

obstacles. If we open our hearts to release our fears, the gift is abundant. I continued my journey and with each new day I kept telling myself... "you are here for a reason." I wanted to find out this purpose. The excitement that came with trying out to be a teacher and making it was immeasurable. I thought to myself, "Oh my goodness what am I going to do now."

Every class brought a bucketful of doubt, fear, joy from the students, encouragement, and growth that I never expected. One month after I started teaching, COVID-19 hit and the world shut down. The new question was, "How do I take what I have



Heather McCain BSN, RN, WOCN has been serving her community with 20 years as a nurse. She currently specializes in Wound and Ostomy care at UCSDH. Heather became a yoga instructor during the Pandemic. A believer in the power of self care and overall equilibrium, Heather assists colleagues and patients recognize the power of both. Heather loves a great yoga session or baking sourdough for friends. Heather feels that warmth and kindness are found in every hug or treat.



learned and share it with the people that I love?" How do I continue to practice, learn how to lead, and inspire people to seek mind, body, soul equilibrium? I rose to the occasion and taught neighbors in my garage, and friends at parks. I had the awesome opportunity to teach my peers on the lawn at UCSDH. I sought out solace, comfort, and peace for my team. My goal was to bring a little bit of sunshine to what felt like continuous clouds or to stretch the body and mind for a midday reboot. The classes were supported by my friends and colleagues, my chosen family. Every time I teach the sweet energy that the students feel is sent back to me tenfold. Despite life obstacles, our beloved tribe was available for self-care, body positivity, and soul harmony. Yoga also taught me how to effectively find my voice and travel different avenues when dealing with big emotions. Navigating this journey, I know that I have opened my eyes to the benefits of wellness, joy, community, and support through teaching. I identified that every time one steps on the mat to teach, one also learns a little bit about oneself. It is the perfect recipe to practice self-compassion and uplift the spirit.

I ask you to consider doing the things that jolts you. I dream that sharing my testimony will inspire people to do anything that seems impossible. Understand that your journey is created by YOU. Every body is a yoga body, recognize that self-care is necessary, realize you are always under construction, and reacquire yourself with YOU from time to time.

With Much Love from "the Yoga Lady"
aka your forever yoga teacher,
Namaste,
Heather McCain

