Remember, Yoga practice is like an obstacle race: many obstructions are purposely put on the way for us to pass through. They are there to make us understand and express our own capacities. We all have that strength, but we don’t seem to know it. We seem to need to be challenged and tested in order to understand our own capacities. In fact that is the natural law. If a river just flows easily, the water in the river does not express its power. But once you put an obstacle to the flow by constructing a dam, then you can see its strength in the form of tremendous electrical power.
—Swami Satchidananda

Healers are spiritual warriors who have found the courage to defeat darkness of their own souls. Awakening and rising from the depths of their deepest fears, like a phoenix rising from the ashes. Reborn with a wisdom and strength that creates a light shines bright enough to help, encourage, and inspire others out of their own darkness.
—Melanie Koulouris