

# An Ageless Aura

While we were putting this issue together, the staff here at *Fit Yoga* was also very busy with our very first conference. It was all very exciting and, even though it was a lot of hard work, what became crystal-clear to me was how very fortunate we all are to be a part of this ever-expanding yoga community we call a *kula*. It was truly remarkable to see the pure joy on the faces of yogis and yoginis as they were able to meet and practice with so many of the yoga world's luminaries, and to also observe teachers enjoying and supporting each other's classes.



As I wandered in and out of the classrooms and greeted so many of the participants, I noticed lots of different shapes and ages, city people and country folks, advanced practitioners and newbies—all happily sharing their love of yoga. And the combination of all their minor and major epiphanies and experiences created an overall vibe of unconditional kindness mixed in with a fair amount of bliss.

What I discovered about the creation of these blissful conditions is that they are always reflected on people's faces. Chronological age seems to be irrelevant if you're a yogi, because what comes through is what is purely and authentically *you*. The number of birthdays you've had is just a marker—it's simply a way for non-practitioners to keep life's score.

So when the conference ended and I settled back into work, I had a funny little epiphany of my own. I realized that the people pictured on these pages range in age from eight months old to 63. They are boys and girls, and men and women, some are tall, some are short, some are thin, and some are fuller-figured, but all have one thing in common: They are ageless. Each of them radiates their own sparkle of pranic energy.

The happiness that shines from the hearts and minds of these—and all—yogis reminds me that it's only natural for our *kula* to continue to expand. Because sooner or later, everyone will discover that it's fairly easy to shine with an ageless aura, and face each day ready to embrace the endless possibilities...all they have to do is step onto their mats.

Namaste! *Rita*

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