

My Library Story



My favorite childhood memory is every Thursday my mother leaving me at the public library while she grocery shopped. I grew up in a rural area of the Carolinas and we only went to town once a week. Getting new books to read each week was always a thrill and the library was so quiet and peaceful; much like yoga classes. It was a place where I felt safe and could lose myself and total relax absorbed in my imagination of whatever I was reading. Again, much like a yoga class—safe with no stressful thoughts about responsibilities or difficult relationships. As a child I used to get a flashlight to read well into the night and sometimes now as an adult I go to the library just to sit quietly to enjoy magazines. The Canton Library is one of the most beautiful libraries I've ever seen. The activity room where our yoga class is located is perfect and it's a wonderful group of all ages. I'm also teaching a combination yoga & Pilates class at Ridgeland Recreational Retirement Center on Thursdays from 4-5 for those in the area. All are welcome to leave your worries with your shoes at the door to come to the classes. Nowhere else in the area can you FREE yoga as the Canton library is providing the first Friday of each month. What a blessing for all who come!