

# SHANEY AALBERS



Stories about the human experience often inspire a hope and belief in our split nature. My life circumstances have graced me with a forgiveness around the perpetual dance between the human condition and the split potential. My mother was killed by her boyfriend when she was 37 and I was 16. This August my young father was diagnosed with life threatening cancer. In October, I turned 37. I am unflinching by death. Instead fearful of complacent living, or sleep walking, I'll call it, I do believe I am just beginning to wake up.

I have invested more than 15 years' time and resources in the pursuit of teachers and teachings from around the world, here in the west and at the origins from the east. In the recent past I have happened upon the sincere insight that comes from consciously applying principles from my yoga mat practice toward my lifestyle - authentically.

This summer's end I dared my Self to an adventure, to the pathway of a novice. I sought ways to be alive and not just living. I journeyed with an attitude that honored my mother's death, choices she didn't have the opportunity to live out, and the current life I know in my father. I ventured to the Nevada desert, by myself, to my first Burning Man. It was a gift of individual experience and practice, traveling and camping alone, yet generously enhanced by radical community acceptance and inclusion.

Upon returning, I delighted in my first bicycle tour. I started riding from Cannon Beach's Short Sands parking lot because it has been a home base for surfing, one of the ways I advance in my practices, learning the humble lessons of the sea. I took 11 days to ride to San Francisco, California (accompanied by a yoga and surfing buddy). I cherish what I found: ways to be vulnerable and brave at the same time.

I find increasing value in the practice of being transparent, to repeatedly quiet the expectations of praise, in this relationship to yoga, to self study—I honor the guru within. I lean into discomfort as a way to stay awake, to ask new truths, and for the opportunity to reinforce what I have known to be true.

I invite you to lean in, to dare, to be real, to let yoga do you - in my company.



## JOIN SHANEY FOR POWER VINYASA:

Mondays 6:30am-7:30am

Wednesdays 12pm - 1pm & 6:30pm - 8pm