

**** Questions I am most commonly asked **
about Mexico and me in general**

What are the nicest things about the retreat in Mexico?

No demands! Centering life around relaxation, yoga, healthy food, and nature. Feeling how time seems to slow down. The gentleness, playfulness, and space that seem to come effortlessly as one falls into a more natural and easy rhythm of life. The water, sky, magic of the Mayan Yucatan. Sharing this with others. The list is endless... but in the end returning home a softer, gentler, less encumbered soul.

and this Yoga Vacation in Puerto Morelos

offers a small town urban experience of the Mexican Yucatan as we enjoy living within the compound of a private retreat center in the the small seaside fishing town of Puerto Morelos. Here life weaves itself between the comforts of the center and the soul of this lively town which is located along the shore of the Mexican Caribbean. After morning yoga, we are served a luscious brunch around the pool in the courtyard of the center. Most other activities and meals are centered around the ocean and this unique Mayan town, the heart of which is a 10-15 minute stroll by road or beach. One can choose between the secluded life of the retreat center, the sun and breezes of the beach, the activity of the town, and the adventure of excursions to the coral reef, jungle, and ruins nearby. We've been doing this since 2003 and each year has taken on a rich, diverse life of it's own... weaving yoga, space, time, and community in delightfully unexpected ways.

Why do you teach yoga? and how long?

I began to teach in 1996 because I was encouraged to do so, and I wanted to share what I could of the wonder and joy I was experiencing in my own practice. Teaching also weaves together for me my passion for health, love of nature, and adventure. Being with people as they discover new ways of moving, breathing, and being alive in their body is an honor and privilege... for me truly a rich and rewarding experience.

How have you been influenced? what is some of your experience?

I have been interested in yoga since the age of 9 when my great uncle gave me a book called 'Yoga for Americans'. I took my first class in college. Yoga classes were few and far between back then, but I was hooked.

I continued throughout my family years of raising children and began to deepen my practice and expand my studies in the late 80's. I worked with and was influenced by many internationally known teachers but for several years I spent most of my time in the study, practice, and teacher trainings of the Iyengar tradition. This is a strict alignment based approach to yoga, from which I have a great deal of respect, and learned a lot, but this approach did not become the heart and soul of my practice and teaching.

The heart and soul of my practice and teaching, began to take root when I met and began to work with Angela Farmer and Victor vanKooten. Within 30 minutes of my first class, I was in places inside of myself that I had never experienced before. It was thrilling and mysterious. I knew it was a turning point and that I had to keep going. That was in 1996 and Angela & Victor remain my primary teachers. They are renown international teachers who birthed and share a unique 'inner body' approach. They have a beautiful yoga hall in Greece now, but I see them, participate in their workshops, and assist Angela as often as I can. I cherish their friendship as well.

I am also inspired by Susan Harper who, though not a yoga person per se, is very yogic in her being. I love her Continuum Montage work, she offers a variety of experiential movement explorations which include wave motion, movements, sounds, and breaths. She comes to Chapel Hill a couple times of year and I work with her when I can.

Nature, my husband, friends, children, travels, our cat... !

What is your main philosophy of teaching?

For me yoga is an on-going creative exploration of how we live in our body, our being, our life, and our connection with the world around us.

To invoke this spirit of adventure, I like to think of every practice or class as a rich, winding journey of self discovery. Not a journey to a set destination that we create in our head or one from a book of rules. But one that uses breath, asana and movement, to help us drop out of our busy brain into the wondrous realms of our body, thus allowing endless possibilities of meeting ourselves in fresh new ways.

To further enrich the journey, I like to weave imagery, visualization, relaxation, along with a big dose of playfulness. Then as stuck places begin to move and blocked energy begins to flow more freely, a sense of renewal and vitalization begins to fill the body. Old patterns often begin to fall away, new feelings of freedom and liberation emerge, and I think when we feel this, somehow the journey is moving us closer to who we are naturally meant to be.

The heart and soul of my practice and teaching is therefore, not about a system of how to get things 'perfect' or 'right', it's about the journey of unfolding and relaxing into who we truly are... and into the joy of just 'being'

Where do you teach?

My home base is in Chapel Hill/Carrboro North Carolina where I teach weekly classes & occasional workshops. I also offer regular retreats in the Yucatan and on the coast of NC and periodically travel to teach in other cities, states, and countries particularly Munich and Eftalou, Greece. My husband Jock & I offered our first retreat in the Loire Valley of France. I taught the Yoga and he was the chef. It was Fabulous! and we hope to do it again in the near future. I also enjoy assisting Angela Farmer with her various women's retreats and working regularly with individuals and small groups here at home.

-Molly