



How long have you been practising yoga?

I've been teaching yoga for 11 years, and have practised since I was 15. I teach restorative yoga, which is a restful breath-based practice. I've studied with Donna Farhi, an internationally known practitioner, and have worked full-time as a yoga teacher for eight years now. I was introduced to it by my mum, who encouraged me to come to classes with her.

You come from a family of four generations of gardeners. Do you think this has fostered a connection for you between nature and yoga?

Yoga was historically practised in nature (rather than in gyms and halls

Karla Brodie

Yoga teacher Karla Brodie, 32, gives the proceeds of her classes to needy children in Asia

like now) by people seeking a deep understanding of mind, body, spirit and our interconnectedness with all of life. Understanding seasonal changes and growing organic food enriches my yoga practice and teaching. It all goes hand in hand.

What made you decide to help people through your practice?

Four years ago some students and I started meeting for some Sunday afternoon practices. Inspired by the Dalai Lama, I felt that offering the class proceeds to Buddhist children living in Asia was what we should do. My best friend passed away suddenly in 2008, which inspired me to journey to India for nine months where I hand-delivered the offering to the Tibetan Children's Village in Dharamsala. I met the children who we were supporting, a humbling experience. It is amazing - \$500 goes a long way and equates to about 250 pairs of shoes. It proves everyone can make a difference. In effect every person who came to class gave new shoes to 12 children.

What are your plans for 2011?

This summer I will be living in monasteries in Nepal. I intend to work with the newly established environmental clubs, which not only develop more sustainable practices, but also help to clean up the surrounding community. I'll also work with a local vet caring for street and temple dogs.

How did your connection with Nepal come about?

While in India I needed to go to Nepal for visa reasons. A friend mentioned a monastery I could stay at in Kathmandu but when I arrived there was no room in the guest house. I was at a point physically and mentally where I would have slept in a cupboard, but by a stroke of good luck, a room was found in the head Lama's house. I

was surrounded by Tibetan families and made friends, and they asked me to teach yoga and English to the monks. My experience there has enriched life more than I could have ever imagined.

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