

My name is Melody and I am a recent yogees yoga 4 kids RCYT graduate from South East Texas. I am a full time yoga teacher and I run my own Youth Yoga program called Twisted Tykes Family Yoga. This is a yoga and creative movement program that has weekly family and kid's classes as well as monthly community events that partner with other local businesses through out the area. I love being able to infuse our classes with my theatre background as well as my training and education on early childhood development and working with students with special needs.

I hope you have all been able to enjoy your holiday season. I celebrated with friends and family, traveled across multiple states, hosted a Twisted Tykes pajama party and winter break day camp, and lead a yoga and vision board workshop. But even with all of those incredible events, I know nothing can compare to big changes 2020 has in store. I'm not normally one to place a huge amount of stock in New Year's creating big changes in your life, mostly because I believe we can make changes at any time and because I love celebrating beginnings and endings of cycles of all lengths (weeks, lunar cycles, birthdays, single days, ect.). But this year feels particularly auspicious. You see, I'm starting 2020 by doing something I've never done before - I am officially no longer working (for now) and am spending the beginning of the year preparing for my first child to arrive in February. And as if that wasn't enough, I write this to you all from my living room which is filled with moving boxes while I wait for my partner to come back with the moving truck and some kind and willing friends to pick up my slack. Yup, you read that right, this new year has me 8 months pregnant, quitting my job, and moving to a new city two hours away.

Goodness, not going to lie but I gave myself a little anxiety just typing that (and a little indigestion, but honestly who can tell the difference these days). I am so excited and scared and just about every emotion a person can be about all of these big changes and for the first time ever I have absolutely no idea what my life will be like even three months from now or what my year will have in store for my family and my work. This is pretty wild for me. Normally, I have my whole year planned out, filled with events, travel plans, work goals, and more. Alas, this is not the current case. I officially have three more classes to teach before baby arrives (which folks keep telling me does not happen with any kind of schedule in mind) and until then I have the daunting task of remaining present and maybe even enjoying this forced slow down.

Fortunately, I have trust and I have you guys, this beautiful new community I get to be a part of!

Cheers to a New Year!

Melody Butler