

Hi to all,

My name is Adiel Litterat and I am the proud mother of 4, two of them are in my house (a 4 years old boy, and 3 months old girl), and the other 2 are in heaven and always in our hearts. Yoga for children found me 3 years ago and turned its magic on me immediately. I always said, "I will do it, I will do it" and finally I did!

Back in Israel as a special education teacher, I only worked with older kids and knew this is what I prefer. As part of my big dream to be an Art therapist I got accepted to Art therapy M.A, but before the first year was over and shortly after my son was born, we moved to Texas. A little over a year went by and I started working as a preschool teacher in Temple Emanu-El where I met the wonderful world of yoga for children through the unique program of YY4K, and as I said I fell in love. Turning off my dream or at least putting it on hold and working in a field I less prefer, just so I will have the pleasure of seeing my son grow right next to me, makes me feel like I gave up a little bit on myself , and that what pushes me towards a new dream- something I can do for myself, my body and for my health. So, I can somehow touch back in my older dream- working with children in a different setting, than in a classroom.

Back in Israel even before I was pregnant, I had a very talented teacher who I practiced Pilates with. In her classes she used to combine Yoga on a regular basis, it was in the poses, in the breathing exercises, in the shavasana and so on...so coming with this background to the yoga training made me happy to go back again doing something I very much loved and made me happy and healthy. It was and still very hard to find the balance between being a mother, a wife, a full-time worker and taking the time to take care of myself and keeping my body and soul both healthy and not backsliding.

I'm looking forward for the day where teaching yoga for children will be a bigger and central part of my working status. I know it will serve me mentally same as physically and will bring me much joy. For I will still teach children and be around them in the classroom.

Sincerely yours,

Adiel Litterat.