

When I first began the practice of yoga 7 years ago, I did not know the benefits I would obtain from it. I realized early on it was way more than cool yoga pants and fun sayings on a cute shirt. Being a young new mom, I would practice anywhere and anytime I could find. Most of those times, I had my beautiful eager daughter hanging on one leg. At the early age of “just being able to stand” we acquired a love for yoga that connected us with ourselves and each other. As my daughter got older, I was able to see the benefits she gained as well. That is when I knew, I wanted to be a yoga teacher for children. I was a young mom, full time student, and a full time employee; yet I could not get yoga off my mind.

Finally, I participated in the teacher training at yogees yoga 4 kids and the principles they taught inspired me in many ways and helped me to deepen my own understanding of yoga and of myself. I was encouraged to create my own teaching styles based on my individual intentions, passions, and personality. I returned home and said to myself, “I am doing it; I am opening a yoga studio for kids.” That is when Purple Mats was born.

It has only been a few months, and I am continually working on allowing myself to settle into a teaching style and a way of being that is a reflection of who I am and who I want to be. The added flavor is that it is with bright eyed precious children. Teaching yoga to children helps a child succeed; allows them to pursue their passions while supporting them along the way, gives students ownership, helps them learn, and gives students a reason to want to come to yoga each day, and having them leave just excited as when they arrived. So not only are they able to learn breathing techniques and strange poses---it is so much more!!!

Namaste.

Britni Sepulvado

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