

## What motivates you – a series of interviews with Studio Cirq client EM

Please introduce yourself:

**I am a philanthropy manager which means that I help wealthy people to wisely spend some of their money on charitable projects. It is a busy job that involves many meetings at various time of the day.**

When did you start doing classes?

**I started doing yoga about 11 months ago. A friend invited me to come and try a class.**

Did you come to classes regularly right from the start?

**I started going about once a week. And my body did hurt in all imaginable and unimaginable places to start with. Maybe because I could feel muscles in my body that I did not know existed I managed to convince myself that I must be doing something good.**

How often do you do a class?

**At the moment I come twice a week most weeks.**

Why?

**Because it suits me and I like it. With two young children I do not want to spend my evenings at the gym I would much rather spend this time with them and there is no way I could exercise before work. At some stage after I had my second child I realised that if I am not going to exercise during lunch time I am not going to do it at all. Why yoga? For me it provides a happy combination of completely switching my mind off for one hour and physical activity. I am also curious whether my body and my mind would be able to master more advanced poses.**

How do you plan your work day to incorporate a class?

**I bring my yoga gear to work on Monday morning. If something happens that day that precludes me from going I go the next day. I must admit that at some stage during this 11 months journey yoga became a priority. I am lucky because I have quite a bit of freedom in scheduling my own commitments. At the moment I try to avoid scheduling lunch time meetings on these days when I would like to do yoga.**

Do you have any advice for someone who struggles to get out of work on time?

**I believe that no one is so busy that they cannot spend a couple of hours a week on themselves.**

What difference has coming to class made to your work and how you feel?

**I find that after each yoga class I am refreshed and full of energy. There was an instance were I went to a class when I was in the middle of completing board papers. One part of me was saying: Are you insane, you have board papers to finish the other, possibly more irresponsible part recognised that my brain was at the boiling point and yoga gave me an opportunity to switch off and come back to my work recharged. Physically, I feel much stronger and more flexible. All in all I am so glad that a friend of mine introduced me to yoga, it fits me!**