



Amy Baglan

Denver.
Founder. YogaDates.

Love is the state we are born into and remains our highest joy in this human experience. I've always said yoga is love in motion. When we connect with our true selves, we have the power to transform not only our lives, but also the lives of those around us.

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Caroline Ashley

Boulder.
Yoga teacher.

Love is to give. To give is to have. To have is to give love. This chant turned up on my iPod yesterday (thank you, Sat Kar Tar) reminding me that love is more than feelings. It's the active process of serving another person, and making the commitment to keep it up.

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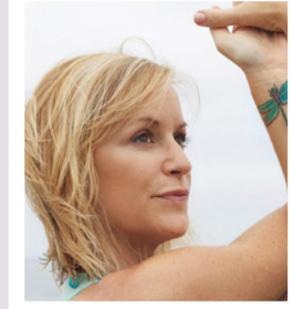
Meg Tuazon

Encinitas.
Studio Owner.
The Nest Retreat.

Love is all around us and lives within us. Love is unconditional, intimate, real, magical, warm, abundant, nurtured, sacred, and cherished. Love grows when you have the ability to forgive, to accept, and to nurture your self first. Love is a paradox: it's what everyone looks for, yet the most difficult emotion to find.

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Claire Petretti

San Diego.
Yoga teacher.

Love is emotion: passion for someone or something. When we are fully engaged with a person; when we really listen; when we share not only strength, joy, and light, but also sorrow; when we are truly compassionate. Without love, we are not fully alive.

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Michelle Marchildon

Denver. Writer. Yoga teacher.

Love is just like yoga. You have to be willing to try over and over until you get it right. I am not afraid to try, to stand up, speak the truth, and love fearlessly. I am also not afraid to fail, because I can always try again in the morning—after my coffee.

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PHOTO: SHANNON MARIE CASEY



Mia Park

Chicago. Yoga teacher.

Love is feeling deep gratitude for everything in this gift of life. I constantly work on love—it's the most rewarding and most challenging yoga practice. Love is genuine relationship with myself above all others. Love is true vulnerability and trust. Without love, I'm not alive. I love love!

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