

Going there for sure
by Wendy Lippmann

You've heard the phrases, voiced as truisms. "It's not the destination, it's the journey that matters," and "Yoga is the path, not the destination." Faith, borne of experience, in the truth of those aphorisms has given me courage when the path seemed poorly lit. I have stumbled in the dark and been led by loving friends around the next bend. I wasn't afraid of getting lost because I was blessed by the guidance and wisdom of great teachers like Denise. I just put one foot in front of another, breath after breath like a vinyasa. And, I take heart from another classical sutra, penned by The Grateful Dead's Bob Weir, that goes, "Don't know where I'm going but I'm going there for sure!"

Which explains how I arrived at my current bend in the road. Around this bend lies OmTown Yoga, a new yoga studio dreamed and built by me! It opened on Nov. 3 and I've jumped into the venture with all four feet. I won't be teaching at Seattle Yoga Arts after this current session ends in late December. It feels a lot like leaving home and going on a big trip or to college! Scary and thrilling! It's comforting, in the midst of such a big change, that I'll still be living on the Hill, taking classes and workshops at Seattle Yoga Arts, and staying connected to this awesome yoga community.

For the last 8 years, All That Dance in the Bryant neighborhood of Seattle has provided a generous home for me and a growing number of my students. Last spring, the coffee shop next door to the dance studio closed and remained vacant for months. At first I thought, "No way, the space is small and kind of trashed. It's a mess." But my imagination stirred and I began to see in the distance a beautiful, cozy room dedicated to yoga, softly lit, no mirrors or fluorescent lights, full of love.

So, I rented it, renovated it. One of my students did all the electrical work and helped me through the city inspection process. Everyone I knew offered support and encouragement. Names of bankers and

lawyers were proferred, accounts at lighting stores were procured. Denise answered myriad questions about running a studio. Yogini/design maven Sheila Hoffman pulled me through the dark tunnel of computer crashes and on mystery trains of website creation—part of the journey nearly gave me whiplash!

Another truism: “Yoga is a path of transformation.” I’ll testify to that. Better still, it teaches us to experience the journey with full participation, full blast, as John Friend would say. I am so grateful for that! I have been blessed by my friends, mentors, teachers, family and students who have illuminated my circuitous path with their love. Next stop: Who knows? □
Contact Wendy at her new studio at omtownyoga.com.