

November Union Student of the Month

Carly Peters

“Do or do not. There is no try.” – Yoda



Please tell us a little about yourself.

I'm a student at the University of Texas Health Science Center pursuing my masters in occupational therapy. I enjoy all things active including hiking, swing dancing, sand volleyball, and softball. I also have a special affinity for neurology. And tequila.

What brought you to the yoga practice? CrossFit?

I found yoga in undergrad at Angelo State University back in 2012. When I moved back to SA in 2015, I tried a few studios but fell in love with The Union.

What is your favorite class and how often do you come in a week?

My favorite class is power yoga, though the magical healing power of Bikram has earned the practice a special place in my heart. I've also recently discovered a love for inferno and have seen amazing improvements in strength since joining the pulse club!

What specific physical issues, if any, did you have before taking your first class?

Incorporating yoga into my daily routine has done more than enough for me to earnestly boast it's benefits to anyone willing to listen. Growing up an athlete with scoliosis, chronic back pain, and awfully unattractive posture, I frequented the chiropractor up to thrice a week to alleviate the pain down to toleration. Now I stand tall and pain free and haven't seen a chiropractor in years. Also, since the initiation of my 60-day challenge back in May, I walk about 25lbs lighter, so that's pretty neat.

What are the greatest benefits of your practice both in the yoga room and your workouts at the gym?

Every day in the hot room is a day that I learn something about myself!

How has this changed your health and life? Any emotional or other benefits

Yoga at The U has taught me how to love myself fully. I've learned to respect my body for it's incredible abilities and now have a completely positive body image - a sentence that my former insecurities would have squandered hastily. In addition, my yoga mat has replaced my anxiety medications as I've learned how to breathe through the stressors in life. The ability to find peace in the present moment regardless of circumstance is such an amazing gift that I'm incredibly grateful to have found.

What is your favorite part of the yoga and CrossFit?

All benefits aside, the Union is an irreplaceable community. Simply walking into the studio makes my heart happy knowing I'm surrounded by people that share my passion for yoga and health.