

October Union Student of the Month

Auburn Samuels

Tomorrow isn't promised; therefore make the most of today!



Please tell us a little about yourself.

I was born in Montego Bay, moved to NYC and family joining the military brought the family to SA. After undergrad at UT Austin, living or remaining in Texas made sense so I haven't left. I am the proud father of two daughters and one grandson.

What brought you to the yoga practice? CrossFit?

A back injury while weight lifting. Once here and I learned of the multiple area's to practice in and I was sold. I am here to stay!

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

Pilates is my favorite along with boot camp.

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

Lower back pain, that has been taken care of after 3 months.

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

Decreased BP, increase ankle and hamstring flexibility, improved cardiovascular system while doing low impact exercises.

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

The U has become my go to for sustaining balance in my life.

What is your favorite part of the yoga and CrossFit?

Getting to meet like-minded and interesting people of all walks of life. It makes coming that much better. I truly love being apart of the Union. You guys have a wonderful atmosphere to change lives.