

## Jack Doggett

If you've been going to The Yoga Experience for a while, you may know him. And if you're part of the morning class group, you definitely know him. Jack Doggett has been coming to TYE for 10 years now; back before you walked up the stairs past The Wine Loft for class; before there was more than one teacher; before TYE had become Anusara-Inspired®. He initially came in response to an invitation by a friend, and has been practicing yoga two to three times a week, ever since. A noteworthy fact: At that first class, he was 51 years old.

Obviously, something clicked for Jack. As many of us know, it's not automatic. Spending an hour on your mat, in a studio or in your living room, does not mean you'll show up tomorrow, or even later that month. So, what makes a one day-yoga visitor become a ten-year practicing yogi?

Jack emphasizes the word, "practice," evoking two meanings of the word. He talks about the physical benefits of yoga: strengthening his core, becoming stronger and more flexible, and literally watching his body change over time. This "practice" is that which you do to improve at something, and Jack says his health has improved. As a runner he says he's stronger now than ten years ago, which, he points out, is against inertia. Yet Jack also talks about that which is beyond physical, an element that became especially rich, he says, after the transition to the Anusara® tradition. He enjoys the benefit of the mental exercise: repeatedly pushing his mind to a deeper connection with his body. He says that through yoga, he's come to know his body. He's actively involved in his overall wellbeing. This points to another meaning of the word practice: an established habit or ritual, connected with contexts that are long term, such as professions, customs, and religions; and for Jack: yoga. Practicing isn't just exercise; it's an ingrained part of his life, rich with growth.