

“WHY I do yoga”

We asked three very different yogis what brings them to the mat

“Yoga is my stress-buster”

A lightbulb moment alerted HR executive Tania Morgan, 32, to the stress-soothing effects of her yoga practice; now she runs stretch sessions for other frazzled desk jockeys (yumyoga.com.au)



“MY FIRST YOGA EXPERIENCE WAS IN AN OLD SCHOOL HALL at 7.30pm when I was 16. A friend and I would go – it was a 40-minute drive each way and we were surrounded by older adults, so looking back I’m surprised it was appealing at all! That’s yoga though, it gets under your skin. I liked the calm nature of classes, the alone time and mental clarity I had afterwards. All of that has stayed with me over the years.

My work as a HR executive is very busy and there is no doubt in my mind that if I didn’t have yoga I would have experienced burnout. My energy is externally focused with little time to reflect. I’m providing advice on the go, I have back-to-back meetings, often involving people who are disgruntled or going through a significant change, so emotionally this can be demanding. It’s yoga that helps me manage in those high-pressure situations. Breathing is key – taking three slow breaths into the belly with both feet on the floor does wonders. I have been known to duck into an empty meeting room and lay down and do a few stretches for midday relief, too.

I also work as a yoga teacher now and I love both roles – they help me perform to my best ability in each. I often get feedback in my HR role

that I come across as calm and have a great way of communicating. Personally, it means that I don’t carry work home with me. I can be fully present in the moment, and as it passes, I leave it in the past.

I realised just how yoga keeps me balanced when I did a personality test a few years ago. The results showed that while I was really capable in my role, I was more suited to caring, nurturing roles. It wasn’t until that moment that I realised my personal yoga practice and business had been created to fill this gap in my

life. It was a huge ‘wow!’ moment.

I decided to start teaching yoga in workplaces because I knew from my experience what a positive impact it would have. It brings me so much joy when staff share that headaches and tension disappear when they have regular classes at work or how they feel both relaxed and energised after a session. These things result in improved engagement, less sick leave and better wellbeing and energy for home life, too. It’s such a lovely cycle of results.”

Tania found yoga was a way to help herself – and others

