**A Five Minute Savasana With…Flor Villazan**

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We recently caught up with one of our studio’s beloved instructors, Flor Villazan to get the latest scoop on the yoga world through her eyes.

**How long have you been practicing?**

I have been practicing for nearly 2 1/2 years, and teaching for 2 years (I previously taught dance for over a decade.) I just knew from the moment I started my practice that this was something I wanted to make a career out of. It was a smart decision for me. When I teach, I feel as though I am passing on the brilliant work of my guru, Sri Dharma Mittra and that makes me happy. I love that I get to share my love for the practice with my fellow yogis every week!

**What do you love about the practice?**

I love everything! Yoga is not just a practice for me, it’s a lifestyle and I adore it. It’s constant and continuous….always changing and evolving.

**What is the most challenging posture for you?**

Without a doubt, that would have to be handstand! It’s an ongoing work in progress. Working to gain strength – a necessity for this posture – is no joke, but I welcome the challenge. I strive to work little by little so it comes on its own. The hardest part is about finding the strength to hold the pose while also connecting to the breath.

**What is your favorite posture?**

Tough one! I like backward bends and cobra posture. I love that feeling of the heart opening in cobra, as well as the way the body opens up overall. It is incredible how you can actually feel one posture from the tips of the toes to the crown of the head. I don’t think there is any other form of exercise that can do that!

**What did you think of the Baptiste 40 Day Revolution?**

The staff just completed its own revolution program, which is being rolled out to students in just a few days (so exciting!) This was a completely new experience to me, but I liked it a lot. A challenge for sure! For me, it was about staying connected to myself and thinking about the type of person I want to be….what parts of my life do I want to keep? what do I want to change? What do I best identify with? It goes on and on! The answers unravelled for me within the past 40 days.

I really liked how easy it was to understand what Baptiste is all about. Some of the yoga books out there are very deep and hard to comprehend, usually requiring a few reads in order to truly absorb the material. This is different. You don’t have to be an advanced yogi to get it. It really is for everyone!

I’m leading the 40 day program for students along with Hana and an awesome nutritionist; I’m really looking forward to it!  It’s such a beautiful way to purify our studio, and clear our minds of gossip.

**Do you have anything else to add?**

My motto is to be nice to every living being; never hurt anyone and always be happy. I am honored to be a part of such an amazing studio – Yoga Long Beach really is about true love for each other and a belief in the yoga.

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