



## **Victor Reyes**

Discovering yogic practices has shifted my life purpose. I am blessed to have learned from every teacher at Fountain of Health. From asanas, vinyasa, proper alignment, meditation to those intangibles that come only from being in a class and having a teacher who understands themselves as much as the information they are sharing. FHYS is a sangha, a family that supports and encourages its tribe to lead a happy, healthy life. Taking YTT in South India, I was with a teacher who believes as Marcee does, that yogic practices are spiritually based, creating the openings necessary to dig deeper into your true being.