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RELENTLESS, EMPOWERING, ALTRUISTIC

QUESTIONS FOR THOUGHT

When it comes to maintaining a healthy lifestyle, in your experience, where would you say most falter?

On vacation, for some reason, when I am out of my healthy routine, I slowly become more lenient with what I eat. I usually find a way to keep yoga in my day, but I rarely make it to a gym when I am away.

What is the major difference between you and the other trainers around you?

Each yoga teacher is unique! There are so many different styles of yoga, so many variations and fusions which all influence the later generations of teachers in their own way. My style is one of a kind, I teach from my heart, very intuitively, based on who I am working with and the vibe I sense.

Do you see yourself training in 5 years/ in what capacity?

In my mind, I am on a 5-year plan. I am going to work as hard as I can for the next 5 years and take on every opportunity that comes my way. I know this time frame will be an adventure in and of itself. Thinking long term, it is my goal to travel the world with yoga –learning, teaching, inspiring and empowering others to overcome personal obstacles and bring about positive change. It is my intention to positively influence as many lives as I possibly can in my own lifetime, with the hope that they too will continue the circularity of this process.

There are certain memories, occasions, or success stories that tend to mold us and ignite the passion for our career what is one that you hold dear?

Retrospectively, entering my first yoga class was a turning point in my life. I was at a point in my life where I could have taken an entirely different direction. Thankfully, the universe took me by the hand and led me to this beautifully blessed life that I live today. All those things I so desperately feared to let go of during that phase slowly and naturally fell away without any pain at all. Through my journey, I was able to transcend the low energy environment that I had become submersed in, one obstacle at a time, as I began to grow.

Since then, yoga has brought me hundreds of positive experiences and opportunities. I am so grateful that it came into my life when it did. It enabled me to soar out of a very dark place. I have learned more applicable information from my 200-hour teacher training than in all my years of traditional schooling combined. Through yoga, I was able to explore my physical body and I was given the space to grow and develop, both in my mind and my career, in ways I could have never imagined before.

What is the biggest challenge facing you as a trainer?

My biggest challenge as an instructor is finding quiet time for myself. It is just as important for me to take an hour a day to practice and turn my attention inward as it is to put my energy into teaching.

Do you believe in supplements, physical enhancers, and do you believe in giving advice where these are concerned?

I certainly believe in supplements. Our diets these days are lacking on many levels and almost everyone can benefit from taking at least a multivitamin everyday to make sure they have their bases covered. Everything in moderation!

Do you believe it possible for an individual to achieve 'strength' without actually lifting weights?

100% yes! Individuals can achieve 'strength' in so many ways with regular yoga practice. Yoga is a union of mind body and spirit, practicing strengthens those bonds in ways you can't even imagine. As much as your physical body will get stronger with regular asanas, yoga is hard at work on a much less visible level. With time and practice, senses become and continue to be heightened. One may gain a new sensitivity and awareness.

Yoga naturally helps to create balance. It allows you to know your body and rhythm, and to recognize when you are out of sync both on and off the mat.

Yoga provides its students the opportunity to strengthen the connection to their true selves, physically, mentally and spiritually. It is all encompassing... it is incredible.

Most important lesson you've learned during your training career?

I have learned that everyone is unique, each body molded differently when compared to the next. Something that may feel right for one person, may be another's pain. Yoga is a very private and individual journey that can really only be experienced internally. Therefore, when teaching I have to go above and beyond to make sure that the poses are safe and conducive for everyone present in the class. The last thing I want to do is to bring about pain or suffering... Yoga is just the opposite.

Do you specialize in one-on-one training or group training—do you feel one is better than the other, and how did you settle on this vantage point?

I teach both, but I specialize in privates.

A private lesson allows me to assess your strengths and weaknesses so I can personalize your practice to best suit you. The best part about yoga is it can be modified for people of all ranges of motion and ability levels. As we practice you will learn what feels right for you, in terms of flexibility and balance.

Often people are intimidated by large classes that move quickly, private sessions are a great way to become acquainted with a wide variety of postures, ultimately easing the transition. It is especially important for those with vulnerabilities such as a shoulder or knee. These sessions provide the most thorough explanation and demonstration of postures and transitions, so that clients can know how to best protect themselves from injury.

Private yoga experiences can be modified at anytime, a restorative practice for days when they are feeling drained or a flow practice for days where they are looking for a challenge. That is the

beauty of it all, it is entirely up to the client, something that simply cannot be addressed in a class setting until they are experienced enough to know how to modify their own practice.

Who or what have been some of the biggest influences in the development of your routines and why does it make you great?

As a teacher I have committed to continual learning for the rest of my life, I pick up new things everyday and implement them on myself first in my own practice before extending them out to my students. I would have to say the biggest influence in my yoga career so far is my 'yoga mom' Carolyn Weatherson, whom I took my teacher training with.

Her practices have stuck with me since the very first day I walked into her class. She radiates everything that yoga represents in the most perfect way. Her energy and presence is nothing short of incredible.

I can remember always looking for praise or acknowledgment from her with my progress, and it is funny how this sticks out in my mind. As a teacher now, I always offer praise to my students for their dedication to their practice.

It makes me great because I am simply an extension of that beautiful, kind loving heart.

How is it exactly that training makes you a stronger person in your day to day life?

Teaching yoga, on daily basis makes me a stronger person because builds my connection with my self. I want to make a difference in this world and sharing my passion is the best, and truthfully, the only way I know how. I've known that this is my path for a while now and as I stay true to myself, I can feel and see it taking shape in and around me, for it is the same love that inspired me to begin with.

WORDS TO LIVE BY...

*“ Let yourself be silently drawn by the
stronger pull of that which you really
love ”*

Rumi