



## John Sahakian

John Sahakian's parents named him after, 'John the Baptist,' from the Bible. They were evangelical ministers. They separated when he was nine and his upbringing was split between Glendale and Santa Monica, California. Although, his mother was loving and always seemed there for him, his father played a very strong role in his life. He had been an actor, celebrity hairstylist, drug addict and yogi. It was his death, when John was twenty-seven, that sparked John's spiritual awakening.

After traveling deeply into comparative religious studies and being peeled psychologically he felt drawn to continue his growth process on the so-called "physical level". Bikram yoga, followed by an intense meditation and hatha yoga practice, helped John shed what one could call an armor of defense, giving way to an open heart that is still opening. Through meditation and the fortunate influence of his blessed teachers, John trained in breath-work and breath therapy, which attracted the attention of more than one esteemed yoga mentor. On the way toward his third official teacher training, John simply cooperated with the flow of his life and found himself in front of a class of students. "I slowly began to learn that to teach yoga, whatever that means, I needed to get out of the way and simply be a channel for peace. The peace that I felt (and feel) streaming through me is why I teach yoga and why I practice yoga."

"This is the gift I desire for all the practitioners that I breathe with in class, because it's the experience I truly know. I cannot teach or reflect anything else. If I did, it wouldn't be real. I believe we all share a common truth; to live in joy and happiness."

John believes that yoga gives us a neutral space where we're encouraged to begin from a starting point of peace and as we challenge ourselves we challenge our starting point.

"Whether I'm working with someone in my office for therapy, or on the yoga mat, it's the same. With practice we learn techniques, philosophies, theories, and strategies to maintain our starting point and respond to what life offers us with poise, grace, love, acceptance, patience, and open-heartedness. This is what yoga means to me, and I am forever thankful."

Thank you John.