

## **The Yoga Loft Member Spotlight for June**

### **Meet Brittany Joyce, LMT**



As you all know, we have an amazing Sangha here at The Yoga Loft. Our students are so incredibly fun, supportive, generous and kind. What you may not know is that we have a lot of talented small business owners and creative men and women that have been following their dreams and bringing all sorts of trades, skills and services to our community! As small business owners, my husband and myself are well aware of the pros and cons of investing your heart and soul into something you believe in; and we shop "locally" as much as we can. We want to give a "shout out" to our yogis who have been doing the same.

### **Brittany Joyce, LMT**

Today we spotlight Brittany Joyce, a long time student, teacher and friend to The Yoga Loft. Many of you have already had the chance to meet her or perhaps even receive an incredible massage from her; but we wanted to go "inside" and find out how things all got started for her and her Massage Therapy business.

We asked her some questions to get to know her a little better.

#### **Tell us about yourself**

My name is Brittany Joyce, and I am blessed to share in this journey called life with the best two little buddies in the world. Though I am a mom, that is not the only thing that defines me! I like to travel to new places, visit friends across the globe, hike, bike and of course get my yoga on! I see something I want and I go after it, which often means, taking risks and having faith that it will all work out (it usually does). I call this living fearlessly, and not being fretting over the of the unknown.

Also, over the past two years I have been transitioning from Corporate America into a better fitting, liberating and healing career path as a Massage Therapist.

Being an athlete all my life, I have been able to see the benefits of regular massage to keep injuries at bay and to speed recovery time.

#### **How did you find Yoga and The Yoga Loft?**

Funny story! I had just moved to Wilmington and came running out of the woods in my neighborhood, which happens to be adjacent to the house of our infamous leader! Trying to be a good new neighbor, I stopped to talk to Bill, who gave me the quick rundown and a free pass to his wife's yoga studio. It probably took another couple of months to step foot in the studio, as I had never tried yoga before. But once I did I was hooked and shortly thereafter signed up for the Yoga

Teacher Training program! Going through the TT program was very transformational, and provided a different perspective and new outlook on life.

One thing I love about yoga and The Yoga Loft, is that it is always there for me. Whether, I practice multiple times a week, once a month or once every couple of months, I always have a home and a budding yoga practice to come back to. The friendships I have made since I started practicing in 2013 are some of the strongest and deepest friendships I have! They are my support system, my village, my refuge! I'm so thankful for all my teachers and friends and The Loft!

### **What's your favorite Yoga pose?**

My favorite yoga pose is probably Tittbahasana or Firefly! I love how fierce the pose is and how it makes me feel. I have seen such huge improvement in this pose since I first tried it in Greg's Intermediate Series. But with any pose, the more you practice the better you become!

### **Tell us more about your new Business!**

As I mentioned, I recently opened my own Massage Therapy practice! Never in my life, did I want to own my own business, but working fulltime and going back to school full time, I knew that I wouldn't be able to have the flexibility I wanted if I worked for another company, I would just be another cog in someone else's wheel. If I was going to start something, I knew I had to do it quickly before my "stoke" faded and the fear set in. With my "all or nothing" attitude, I reduced my hours in Accounting and focused on building up my practice, furthering my education and really working to help clients work through some of their kinks, knots and tightness!

### **What are some benefits of massage?**

While there are so many benefits to getting a massage, here are a few lesser known benefits!

- Lower blood pressure
- Increase range of motion
- Ease symptoms of depression
  - Sleep better
  - Improve balance

### **If you could share one piece of advice with other Yoga Loft members what would it be?**

I have three small pieces of advice I would share that I live by each day! One - be your own advocate, and to teach others around you to do the same! No one knows what is best for you and what works for others may not work for you!

Don't give up until you see progress, try new things, think outside of the box. Two, as I briefly touched on, live fearlessly. Fear, as I have heard it described is just False, Expectations, Appearing, Real. Change your expectations! It's scary, but very rewarding, say yes if you always say no, or say no if you always say yes, and see how you feel! Take a risk, you might just surprise yourself. And lastly, which I think will come naturally once you look fear in the eyes, is to find your passion and run fast in its direction. Once you're there, you will flourish like you never have before!

### **How can we reach you?**

[www.Brittjoycemt.com](http://www.Brittjoycemt.com)

617-957-9456

**As a courtesy for our students, Yoga Loft students get a one time use  
20% off with code 2017YLS when booking a treatment!!**

If you have a story or want to tell us about one of our hidden talented yogis, please let us know.  
We love to share and support our beloved yogis!

STAY CONNECTED:

