



"It's a passion of mine to see how people can become more of themselves when they have somebody to guide them in that process. As we grow from childhood into adulthood, sometimes people lose themselves because of people-pleasing or trauma, or a number of things.

One of the things I do here at Grace & Grounding is art therapy for both children and adults. Art therapy basically is mental health counseling—we just do some art, too.

For kids, sometimes the art itself is therapy. Other times, I might say something like, 'Could you draw a picture of your family doing something together?' and that can give me information about what they might be feeling or the dynamic of their family.

For adults, we do tend to get more symbolic with things. So if we're talking about maybe inner child, then we might talk about, "What does your hurting child look like?" I go more into the somatic of how the body is feeling, and then that allows us to go back to whatever the root cause is, and that's how we move forward.

I also do Christian yoga. The way that society and culture presents it, Christianity and yoga seem like extreme opposites. On the Christian side, people often are confused in thinking that yoga is a religion when it's not. It's a series of physical postures. It's a lifestyle, but not a religion. What I love about combining the two is that they actually have so many similarities. Christianity teaches about kindness, love, self-control. These are all things that are also part of yoga. For the yogic lifestyle, it's actually about bringing in your own spirituality and groundedness. So when you look at it that way, then you're like, "Okay, well, if I'm practicing yoga, I can actually pull in any religious belief and make it a part of my practice and my lifestyle."

I practiced yoga for probably six years before I brought in my own spirituality. And it was a weird experience for me, because it was like I was already doing that but didn't realize it. And then all of a sudden, when it became an intention, my whole spiritual connectedness to God shifted. It became a relationship rather than simply "I read the Bible. I know the Ten Commandments. I try to do the things I should." It stopped being legalistic and became internal. It got really deep into my heart. I could feel God spiritually through the movements, through meditating on the Scripture. For me, it was just a life-changing experience once I started to do that.

In our classes, we have scripture that we meditate on. We read it over and over. Sometimes there's a message with it. Sometimes there's a breath prayer. And for the more restorative or yin classes, where we are closer to the ground and doing a lot of stillness, we're able to do more of that. Whereas the slow flow or vinyasa classes, we're doing more movement. So we might

come back to it every now and then, but we're really focusing in on the postures and the movement—which absolutely can be a way of communing with God, too.

I do think that there is a need for a wellness studio like Grace & Grounding. Everybody, no matter if it's big "T" traumas or a series of little things, everybody has some kind of trauma from their past. Some people have worked really hard to heal from it. Some people aren't quite there yet. And helping people through that process is a passion of mine."

—Jordan Conner, Grace and Grounding