

Note from the author

Imagine for a moment that you are at a yoga studio. Across the room, you see a very enthusiastic, but challenged yoga student. Her name is Gertrude. She is wearing socks. She falls out of tree pose, can't touch her toes, and farted once in happy baby.

Now, let's imagine that your eyes survey the room and you see another student. Let's call her Gwendolyn. Gwendolyn is what we might call a "natural yogi." She can put a foot behind her head. She did a press handstand in her first class. She enjoys the taste of wheatgrass.

If you were to come back to a yoga class in five years, which student would you prefer to have as your teacher? The beautiful, flexible and talented Gwendolyn? Or the dogged and determined Gertrude?

My recommendation? Gertrude.

See, our friend Gertrude has made every mistake. She has "been there and done that." She has navigated every obstacle and fought for each step of her success. And because she has hit every pothole on her yoga road, she is an excellent guide for helping you to navigate the challenges of your personal journey.

Friends, I am your Gertrude of relationships.

If you asked Gwendolyn to detail the secrets of her relationship success, she may say, "Oh, I met the love of my life when I was twenty four and BAM, we've just been blissfully happy ever since."

While I may admire Gwendolyn's savoir-faire, my personal journey with love has not been so smooth. To name a few of my personal hiccups:

- I've enabled an alcoholic's dysfunction
- I've had sex to keep the peace
- I've withdrawn to icy silence
- I've thrown things
- I've fought when I should have apologized, and caved in when I should have stood in my truth
- I've dumped good guys, and been dumped by jerks
- I've cried to get sympathy
- I've lied
- I've married
- I've divorced.

For the last twenty years, I have captained a tiny ship called, “Finding The One” and sailed it beyond the known territory to the place labelled, “Here Be Dragons.” And throughout this crazy adventure, I have practiced yoga. I have realized the principles of yoga that have helped me on the mat can help *all of us* navigate our wild and untamed relationship journeys with more grace, compassion, and wisdom.

We are all human: very alive, very real, and very flawed. And when you start a new relationship, you need to bring your whole self forward. Your *best* self forward. In relationships, you can start to see everything in you that is vulnerable, honest, fucked up and beautiful. This seeing is precious. And for your journey, you need tools and wisdom that will support you to stand in love, and not fear.

You need the tools of yoga.

Back from my travels – and with raw humour and a very full heart – I lay at your feet the lessons that I have learned. May they serve you well.

Names have been changed to honour privacy.
This book contains explicit language.