

I first sought out working with Nikki when I was getting together my workout schedule for the fall of 2019. As I was in the process of looking for a new fitness studio, I also reached back out to former instructors who had influenced me and whose classes had the biggest impact on me. I recalled that Nikki's meditations at the start of yoga class and during savasana always felt relevant to my life and sometimes left me in tears. Although she didn't know me at all at that point, it often felt like she was speaking directly to me. When I googled to try and find her, I once again felt like she was speaking directly to me in the description of her Conscious Awakening program. What had begun as a search for a new yoga studio suddenly became something much bigger. While at first I was concerned that a 3 month intensive program would be cost-prohibitive, suddenly, the universe opened up to me the exact amount of money I would need. I took this as a sign and dove in.

Nikki's thoughtfully curated programming was presented to me from a yogic perspective, as I do hope to begin a 200 hour YTT program at some point this year. As we worked through each chakra, her guided "homework" assignments helped me to open up to the work we were doing in a gentle way throughout the week, so that I could be better prepared for our more intense sessions in person. Nikki intuitively knew when to prompt me and when to hold back during our sessions, and by respecting

my boundaries, she helped me work through boundaries and "non-negotiables" in other aspects of my life. She was never concerned if we veered off-topic due to what had come up in my life that week, and this fluidity really helped me feel comfortable as well. One of the other most important things she helped me to better understand was my sense of self-worth and how it related to my actions. It has taken me quite awhile to break some of the patterns I had established that I thought were valuable, but realized were no longer serving me at this point in my life. Things that seem so simple - like saying no to unreasonable demands at work, allowing myself to take one day a week with no commitments to work or social plans, and controlling the negative self-talk constantly going on in my mind - were things I had never taken the time to think about and change before! It also was eye-opening to discuss less esoteric topics such as career, finances, relationships, family, etc with Nikki and have her validate that the things that are prioritized in Western culture, especially in NYC, are not the things that are most valuable to me, and that that's not only okay, it's a good thing!

Another aspect of Nikki's programming that I really enjoyed were the recommended readings and films. The ability to read and watch some of those on my own time really supplemented the work we did in our one-on-one sessions. In addition, I pursued learning more about the films and readings that I felt

most strongly about. I joined email lists, followed new people on Instagram, and joined some Facebook community groups based on this. The end result is that it has completely changed the content I am presented with each time I scroll through social media on my phone or open my email. The reiteration of these positive, holistic concepts daily has been truly helpful in making a conscious shift. In addition, I now am notified when these authors, producers, etc have new content, and so I can continue to read articles and watch webinars that reaffirm the shifts that I am making. As Nikki's programming opened my eyes to these things, I feel like this 3 month training continues to reverberate throughout my life even though I completed the programming two months ago.

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