

Put Your Feet Into the River

Written by Shelley Lowther
Wednesday, 15 February 2012 09:55



There is something amazing about seeing service in action.

I just came back from Jamaica. Before you feel sorry for me, I spent several days with some of the most amazing and selfless people on earth. Under the Caribbean sun, I was reminded once again of the beautiful power of SEVA, or service.

In Montego Bay, such yoga greats as [Paige Elenson of Africa Yoga Project, Seane Corn of Of f The Mat Into the World](#),
[Moses Love](#),
[Nadine McNeil](#),
[MC Yogi](#), [Amanda Giacomini](#),
[AcroYoga f ounders Jenny Sauer-Klein and Jason Nemer, and](#)
[Gaia Budhai](#),— just to name a few – gathered with a couple of hundred yogis to discuss [SERVICE](#) and to instigate the change we want to see in the world.

Wow. I return home inspired.

The yoga community around the world is doing amazing work to bring people hope, empowerment, and even simple love. Paige Elenson is lighting up Africa by training Kenyan

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youth to teach and live yoga. Seane Corn is bringing hope to Haiti, and fighting sex trafficking in India. Stacey Riley-Shanks is bringing yoga to kids across the midwest, regardless of socio-economic background or ability to pay. One by one, these yogis are BEING the change.

This fall, I am traveling to Kenya as an [Africa Yoga Project Ambassador](#).

[I want to learn the model that Paige Elenson has so efficiently built and see how I can bring those values and ideals of service in action home to South Carolina.](#)

In order to make that happen, Dancing Dogs Yoga will begin offering community yoga classes on Sundays from 3:30-4:30pm. All money will benefit Africa Yoga Project through the end of March. Beginning in April, we will give half of all money to AYP, and half to a local charity chosen by our students.

We will also be hosting several events and workshops to raise money, and begin to work with local kids in underserved communities here at home. Through our own abundance, we will act with compassion and reach out to those less fortunate than us. We will be the change we wish to see in the world by engaging in selfless service.

But you don't have to go to Africa or India or Haiti to make a difference. Be inspired by [Karma Krew](#)

[--- write a letter to a Wounded Warrior. Make a donation to a local charity. Support a child by paying for yoga classes. Just do something.](#)

If you have an idea of how [Dancing Dogs Yoga](#)

[can be of service in our community, our ears are open. We want to make a difference. We want to be the change.](#)

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As Gaia Budhai, founder of Synergy Yoga in Miami, sang to us in Jamaica, “Put your feet into the river.... Give your life to something bigger.”

Put your feet in. Stick in your big toe. Then jump into the river of service. Ride the currents of abundance. Flow into your own abundance. Hand your life over to something bigger than yourself. Be happy. Be the change you wish to see in the world. It all starts with one simple act of service.

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