

The Yoga Bus

by Judi Burton

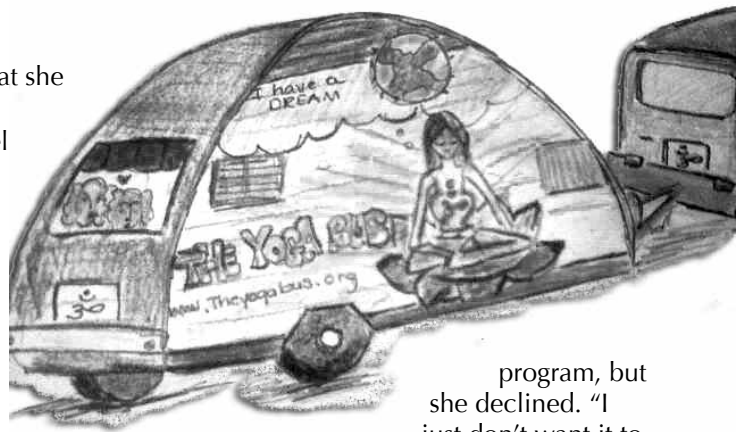
Angel Grant was speaking with her law professor one afternoon when suddenly he looked up at her and asked a simple yet life-changing question: "What the heck are you doing here?" He didn't mean to suggest she was incapable of becoming a lawyer. Quite the contrary; she was a great student. But he saw something in her eyes that day that had been nagging at him for a while.

"I'm going over my paper with you," she answered. "What do you mean?" He clarified: "You don't belong here. Have you ever considered that you are a wanderer, and that's okay?" Suddenly, Angel felt as if she had finally been given permission to be who she really was by an older, wiser person whom she looked up to. After the meeting, she pondered his question quite a bit. Then one day, she suddenly sat bolt upright and declared, "Life is too short to be a lawyer." She quit law school and applied for a yoga teaching job at a Myrtle Beach studio. Through her passion, patience and dedication, Angel has instructed others on yoga and how to become successful yoga teachers. In fact, the studio where she works, Yoga in Common, at the Myrtle Beach Market Common, is well known among the yoga community. But, alas, the wanderlust in her is calling once again.

With the help of Toad Campers, a custom camper company in Little River, Angel has designed a "yoga bus" in which she can tote all of her belongings while she travels the country spreading her love for yoga. "My mission is to transform people using the tools of yoga, so that they can learn to cope with everyday obstacles in life," explained Angel, who says she grew up without a silver spoon in her mouth and always had to fight for the necessities in life, until she learned that she could center her consciousness and

find happiness with what she had.

Her idea is to travel the country and meet people who've never encountered yoga. Her Facebook page will collect requests for her to visit communities experiencing tough economic times. Elementary schools, shelters, farmers' markets, health fairs, festivals and retirement homes have already started requesting her presence. She will be keeping the world up to date on her travels and is exploring options on her video blog. She was offered an opportunity to have a videographer document the journey for a reality TV



program, but she declined. "I just don't want it to turn into another mindless TV show. I really want it to mean something."

Angel Grant will launch her trip by Sept. 1, and will be checking her Facebook page, *The Yoga Bus*. To find out more about her custom trailer, go to ToadCampers.com.

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