



Meet Tarah (left) and Taylor (right), our awesome, new Live Be Yoga Tour ambassadors. Follow their adventures at yogajournal.com/livebeyoga, and find them on the road this summer.

Road trip!

This month, I'm excited to introduce Tarah Stucht and Taylor O'Sullivan, the ambassadors for our Live Be Yoga Tour in partnership with Gaia. They'll be driving across the country for the next six months to document yoga in America today and capture fellow yogis' inspiring stories. Meet them below—and in person when they pass through your town!

CARIN GORRELL *When did you discover yoga, and how has it impacted you?*

TARAH STUHT My mother asked me to join her for a yoga class one day. At the time, my athletic experience (soccer, softball, track, hip-hop dance) made the transition smooth, but it wasn't until I understood mindfulness that everything changed. Yoga taught me that my brain is connected to my body, that we are in control of our emotions and limits.

TAYLOR O'SULLIVAN My mom also invited me to heated vinyasa three years ago. I was skeptical—I wasn't flexible—but I've never felt so alive as I did during that first flow. And that first Savasana? Unencumbered bliss. That feeling keeps me coming back.

CG *What does your practice look like beyond the asana?*

TS I love meditation. It's a way to understand my truest character.

TO I try to bring all of the elements of yoga—mindfulness, intention, meditation, balancing chakras, eating healthy, maintaining an inclusive outlook—into my daily life.

CG *Anything about this road trip that makes you nervous?*

TO Not being able to cook for six months! Chopping veggies is like therapy for me.

CG *What's one thing your fellow travelers should know about you?*

TS I absolutely love country music. I always sing it loudly and dance to it on road trips!

TO I can sleep anywhere—boats, cars, trains, planes, hammocks, yoga mats, you name it. At some point, they'll likely catch me falling asleep with my mouth wide open.

CG *What's your favorite pose?*

TS Lord of the Dance Pose (Natarajasana). I can tell how I'm doing internally based on if I'm stiff and unwilling to get lost in the posture, or if I can really let go and fly.

CG *Do you have a mantra or words of wisdom you live by?*

TO "If you can't live longer, live deeper." We're only on this planet for a short while; I intend to live passionately and to positively impact as many lives as possible.

Carin Gorrell
Editor in Chief

Stuff we love

This Mother's Day, treat someone special (yourself included) to these luxuries-turned-essentials.



Sacred Chocolate

Slow-crafted and made with stone-ground cacao, these antioxidant-rich chocolate hearts deliver an amazing flavor (\$7 each, sacredchocolate.com).



Yogo Mat Ultra

Functional and easily foldable, this portable mat makes it possible to practice whenever and wherever the urge to flow hits (\$88, yogo.net).



Mindful Racer Sacred Space

This sweet, understated tank says it all for mothers and moms-to-be whose love for their little ones knows no boundaries (\$53, omgirl.com).



Mad Hippie Skin Care

A bonanza of plant stem cells, peptides, and antioxidants works overtime to hydrate, protect, and revive skin (Exfoliating Serum, \$35; Face Cream, \$26; Antioxidant Facial Oil, \$25; madhippie.com).



The Mother's Wisdom Deck

A quick hit of uplift, this card-and-book combo from YJ associate editor Elizabeth Marglin is a handy companion on the sometimes-bumpy road of motherhood (\$18, motheringwithsoul.com).