

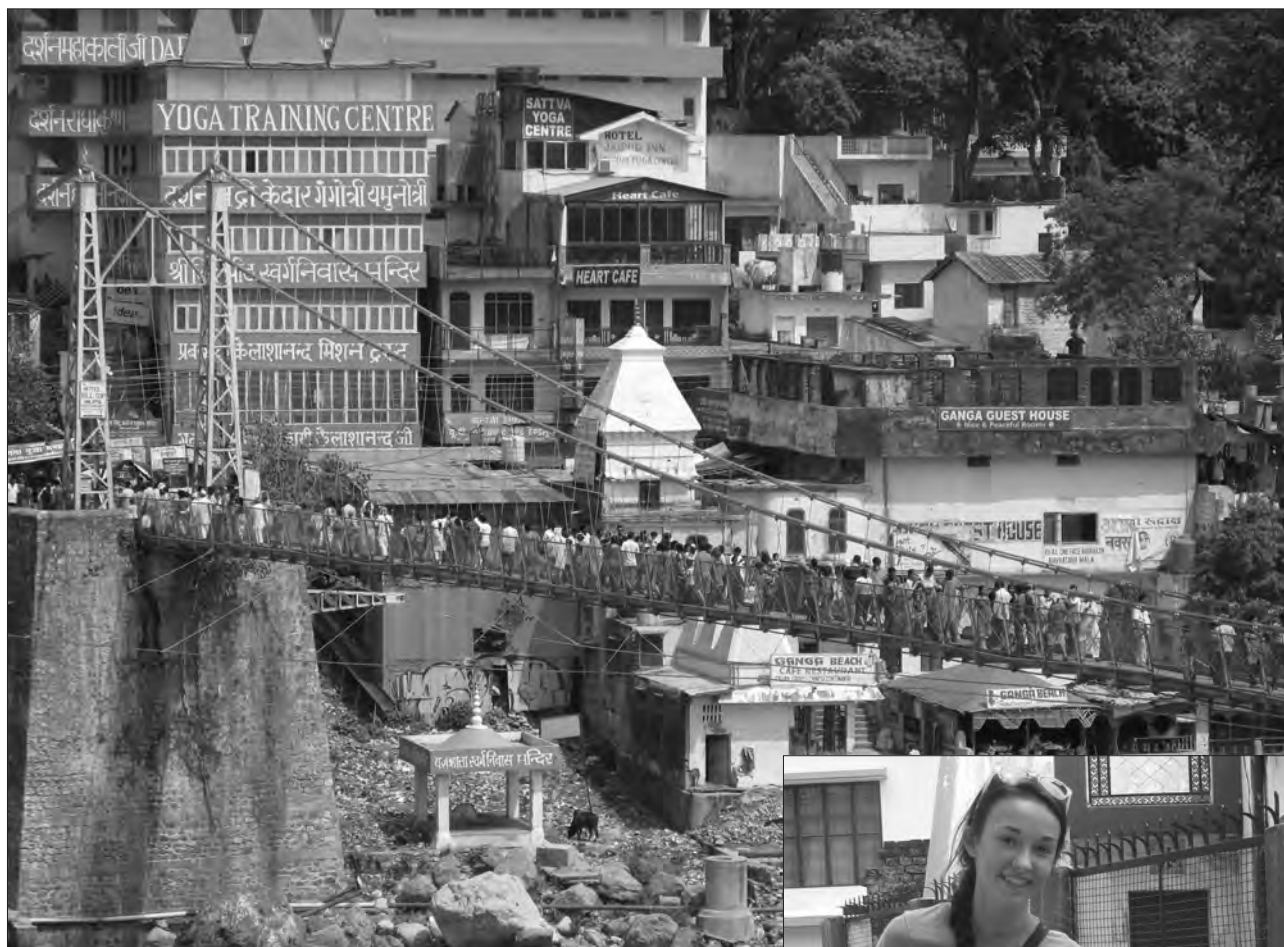
TRAVEL

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since he had been there multiple times, and he took us under his wing. From the minute I saw his "Los Pollos Hermanos" shirt from Breaking Bad, I knew we were going to get along. Every night that we had dinner with him he would bow his head in appreciation for his food. My mother and I found this very inspiring because we often just dug into our food the minute it was placed in front of us. Ronnie taught us to take a minute and center ourselves and be thankful for the food, all those who helped make it, and for the nutrition it would give our bodies. We also wished that the people who worked so hard to make our food had a good day. It is now a tradition we try to remember to do on a daily basis.

Ronnie also attended a few yoga classes with us. Our yogi, Upandra, was very helpful and spiritual throughout our many classes we attended. Sun salutations and breathing exercises were the basis of what we did daily. I have always been very inspired by yoga and have had an interest in it my whole life. For my EA project (Extended Application project) I am required to do to graduate, I taught a yoga class to my friends at Flow Yoga. Jen FitzSimons was my mentor and taught me how to use transition words and phrases. I went to many yoga classes to get a perspective on how I wanted my yoga class to sound. Going to India was a big part of my inspiration for doing this as my project.

I am very thankful for my experiences in India, the people I met, the things I learned, and also for my mentor and others who helped me along the way with my EA project. I hope to continue doing yoga as a lifelong practice because I believe it adds to a healthy lifestyle. I also plan to keep traveling and having amazing experiences with my mom.



ELLEN HUDON poses with the young girl who had greeted the Hudons in the first village they visited. They had stopped her to ask directions to the Ramana's Garden school, and the girl said, "here, let me take you," and she took Ellen by the hand and led them there. Ellen went to India expecting one experience, but got another, and brought her new yoga knowledge back to Hood River to teach others.

Above left, the bridge at Lakshman Jhula, where Ellen had a tense encounter with a fruit-loving monkey. Below the bridge is an interesting mix of Western graffiti "tags" and bilingual business signage evident in the subcontinent.

Below left, a blue icon at the Kunjapuri temple, which the Hudons visited during a 4 a.m. sunrise hike. Rishikesh is located near the base of the Himalayas, in north India.

Photos by Ellen and Peggy Hudon

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