

On The Cover: Margaret Hee

*By Nora Isaacs
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“While I’m doing yoga, problems go through my head, and it gives me time to solve them,” explains 16-year-old Margaret Hee, who came to the practice after studying gymnastics and ballet in depth. Hee’s problem-solving abilities must be well honed; since age 13, she has risen at 6 a.m. daily to practice yoga for 45 minutes. In addition to her solo practice, she is a dedicated student of San Francisco Bay Area yoga teacher Sarah Powers (shown above). “I was so impressed when she came into a four-hour workshop,” says Powers. “She stayed with the whole flow of the class, focused and interested.” During the class, Powers shared a story about two monks to illustrate the Buddhist theme of craving as a hindrance; she was amazed to hear that Hee used the tale later that week in a school paper. While many teens strive to conform, Hee is unfazed by the fact that she’s the only teen in Powers’s class. “I think a lot of kids my age would be helped by yoga,” she says. Powers could not agree more: “Yoga not only brings teens a way to honor their bodies while promoting suppleness and strength, it also educates them about their inner world and how to manage their emotions.

