



Photos: Jessica Miller

Jizo statues in Japan.

the world. Trees that do not change will die; therefore, people that do not change will die. Father Vazken has broadened my way of thinking. If it were not for him, I would not have changed my perspective about the world; I would not be empowered to be a community advocate. Father Vazken was the external force that embedded change in my being.

LAYOGA

Then, my perspective changed when I was influenced by Father Vazken Movsesian, director of In His Shoes, whose ambition and mission was to have young teenagers walk in the shoes of others, regardless of their ethnicity and religion.

I have been a member of In His Shoes for four years. I will never forget the video clip he shared with us about the children that continue to live and survive in Africa without proper shelter or even a decent meal. After seeing this clip, I decided that there must be something more I can do to help these young ones. During the Armenian Genocide, no one came to help us. I did not want this mistake to happen again. I wanted to change and instill that change in others. Each year, I fasted for world hunger in an attempt to understand the pain and suffering of the hungry and walk in the shoes of those who are oppressed. I participated in the 30 Hour Famine sponsored by World Vision – when I could only begin to feel the pain and hunger that defined their lives.

Another important event that I participated in with In His Shoes was raising awareness on the Darfur Genocide. Many people, including myself, were not even aware of the inhumane conditions that include poisoned water supplies, streets guarded by sex-hungry guerrilla soldiers and parents killed in front of their children. I participated in Camp Darfur – a traveling refugee camp in different communities, which gave me the opportunity to make a difference in my own way by raising awareness through community rallies and presentations. Through this brief experience I realized that the Genocide in Darfur will continue until people take action toward the right direction – raising awareness being the first step.

I picture life as a growing tree. The tree must change in order to grow. It must grow in order to bear fruits and take its place in

*Make a living making a difference:  
Train to be a Yoga Ed. Instructor!*

**Instructor Trainings in California:**

**K-8 Training**  
July 16th–22nd  
Los Angeles

**High School Training**  
August 1st–5th  
Los Angeles

**K-8 Training**  
August 10th–17th  
Esalen Institute

*Teach yoga to children and Teachers!*

See our full national schedule at [www.yogaed.com](http://www.yogaed.com)  
info@yogaed.com • 310.471.1742

