

# Interview with Alec Davis

Posted on [May 17, 2013](#) by [Janet Muniz](#)

*"Yoga – even when approached as a purely physical exercise –provides an excellent means of relaxing, focusing and clearing your mind. The child's and corpse poses encourage you to slow down, clear your mind, and simply relax. The flexibility athletes develop from yoga can help them achieve better sport-specific performance, it also helps them prevent injuries."*

-Caleb McAllister, *Live Strong*

Join Maya instructor **Alec Davis** for a new group class, **Yoga for Runners and Other Athletes**, which starts Monday May 20 at 7:30 pm. [Online registration available.](#)



Back pain from decades of long distance running brought yoga teacher and ski instructor **Alec Davis** to yoga in 1988. His newest series of classes offered at Maya is geared for the serious sports enthusiast.

**Yoga for Runners and Other Athletes** explores the yoga poses that address the needs of an athlete's body, enhancing alignment, flexibility, concentration and breathing. This yoga practice can help you enjoy your primary sport for a longer period of time, with a much lower risk of injury. Beginners and all levels welcome.

In our interview with **Alec Davis**, he shares his favorite motto, how it enhances his idea of perfect happiness and how you just might follow him on one of his favorite journeys.

**What is your current state of mind?** Quiet ... for which I am grateful.

**What is your favorite occupation?** Teaching.

**Who are your heroes in real life?** Master Teachers who walk their talk (I am clear that this is challenging for all human beings).

**What is your favorite journey?** 1) Traveling to the Bugaboos to Heli ski and teach yoga. 2) Teaching yoga and shamanism in Costa Rica -which anyone can join me in doing this coming December (shameless plug!).

**Which words or phrases do you most overuse?** Like.

**What is the quality you most like in a man?** Compassion.

**What is the quality you most like in a woman?** Compassion.

**If you could change one thing about your family, what would it be?** That all of us could have had more compassion for ourselves. I believe that if we are able to be compassionate with ourselves it is much easier to be compassionate with those closest to us.

**What do you most value in your friends?** Their presence in my life, as well as their forgiveness of my short comings.

**What is your most treasured possession?** My life.

**What is your greatest extravagance?** Heli skiing.

**What is your idea of perfect happiness?** Living and being present in each moment, each breath -no matter what is going on.

**Where would you like to live?** The Northwest!

**What is your greatest fear?** (I would have answered this very differently a few years ago.) I was very afraid of heights, but not now. I also used to be afraid of failing; the past five years have lessened this fear significantly -I have had lots of failures. So right now, I can't say I have a "greatest" fear.

**How would you like to die?** At 98 ... after having Heli skied all day, then practiced yoga, followed by a period of meditation and transfiguration, followed by having a glass of amazing red wine ... then laying down and leaving my body.

**What is your motto?** Breathe.

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