

# Practice Makes Purrfect

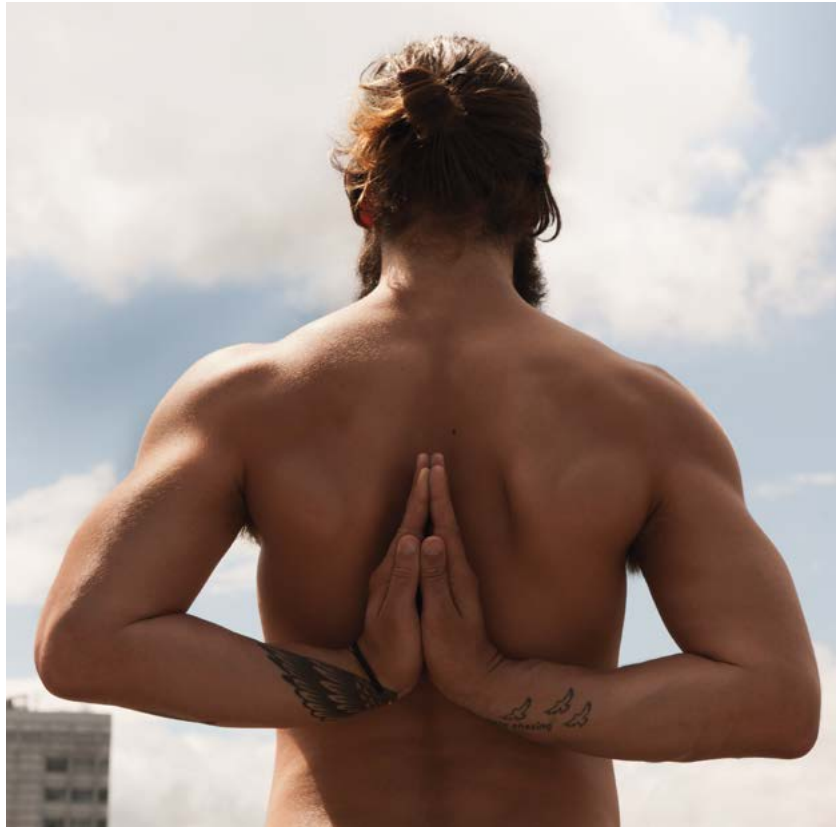
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**He's the king of cat pose, and is spearheading a wellness revolution via the magic of social media. We get schooled on yoga, wellness and bringing your cats into your practice with Insta yogi Patrick Beach.**

Spending your teen years shooting hoops may not seem the most typical route to becoming a yogi, but for Patrick Beach the two went hand in hand. "I was playing a lot of basketball and overtraining, so my body was really sore and I couldn't sit on the ground. So my mom would make fun of me for it. She'd been practising yoga a really long time and taught me some simple hip stretches and I'd just do them in the kitchen, that was my humble beginning to practice."

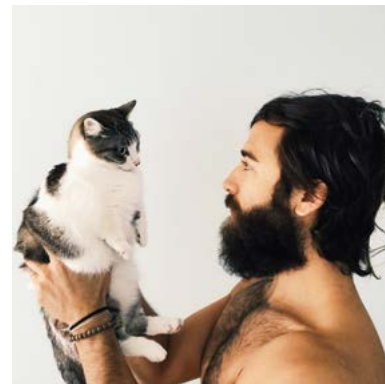
Whilst sports push you to compete, Patrick found yoga was an opportunity to learn and grow in himself and also something which suited his nature. As he puts it, "I'm a very routine person. I do a lot of creative stuff, but I like repetitious habits, I guess you could call it addiction in some ways. I love movement, always have."





Patrick with Zelda  
@patrickbeach

This creativity and love of learning is inherent in Patrick's way of being and also what drove him to begin teaching, "I became a teacher reluctantly. I'd stick to the sequence, but I'd do a lot of handstands which some teachers didn't enjoy, and maybe I was being a nuisance. People started to ask me to show them how to do what I was doing, so that was what inspired me to teach." Sharing was a natural part of this and with a background in social media, Patrick turned to Instagram to share his lifestyle and practice and soon developed a cult following. There's nothing cynical about his approach though, any promotion came from a desire to reach out and connect with like-minded people. "I was passionate about being a teacher and just wanted to share that with people because it made me feel good."



His approach resonated with a lot of people, though when quizzed, he is modest about his success, "I share my life, I don't just post quotes and stuff I like. I always just wanted to share my interests, I'm a super nerdy person, I like comic books and anime, I go to shows, I'm really into culture and I share a lot of that. I was always very honest about 'hey, this is who I am' and people responded to that". Indeed, through his lens not only did we find inspiration for our inversions, but also met Patrick's girlfriend Carling, saw his travels and received a special intro to his cats Zelda and Opie.

His zen lifestyle rubbed off on his pets, but with totally different outcomes. His kitty Opie first shot to fame in his photos sneaking in whenever Patrick practised in his territory. The extrovert of the two cats, he was also "a total distraction and pain in the butt. He would always come up and plop on your mat, you would be in handstand and he's biting your hair or bumping your arm". His other cat, Zelda, took a more collaborative approach to yoga, especially in bridge pose where she would "just wriggle right under your legs and sit there, like your legs are a tent for her. So she was much more mellow about that. If you





were doing a calm, restorative practise, she would be all over you, but if you were doing a really active practise, she'd be sitting back".

Embracing yoga didn't mean the cats took a more balanced approach to being left behind and Patrick and Carling's travels meant they encountered many clever kitty tactics, designed to make them stay put, "It was really sad when we would be ready to go somewhere and they would sleep on top of the luggage the night before, because they wouldn't want you to leave or something like that." It wasn't just cute tactics in play though, "Whenever you'd get back, Zelda would come down and see you and be nice to you, let you know that she still loved you, but then she would go on a hiatus from you for three days. Just to let you know, 'Hey, leaving is not allowed, not for a minute'. So, that was a huge challenge for both of us". Some of their own good habits rubbed off though and we're reliably informed via their Instagram that "Zelda, likes standing up and Opie sleeps in happy baby. That's his yoga pose, he sleeps stomach up a lot, it's obviously a trust thing, showing his chest to you".



It's not just actual cats that feature though, Patrick is partial to cat pose too, "Cat pose has a lot of benefits, it's a really nice pose. It comes into play in the beginning of many practices, and its counter is cow pose. Cow pose is a heart out posture, so it's a very extroverted pose, and in relation, cat pose is

a very heart hidden pose. Introverted postures are really nice, because you're not being that person, you're being the person you can be, by yourself in any room. You can just be that little simple person, that small simple soul, and be more reflective, a bit more connected". This holistic approach to yoga has seen him create a world both online, through his community and physically via a yoga range called *Wear PB* and a jewellery collaboration too, but at the heart of his practise there's one key thing. "For me, mindfulness is the key thing in practice, it's something the world needs more of. All of that relates back to the breath which is really the life force. You really focus on that and you realise that energy and life force is always present."