

# OC METRO

## Pursuits

HOW D.C.'S NOTABLES SPEND THEIR DOWNTIME



**Neil O'Connor**  
**President and CEO**  
**O'Connor Mortuary**

"Practicing Ashtanga yoga for more than 10 years has helped me make profound improvements in my mind, body and soul. With an emphasis on 'right living,' practicing yoga emphasizes patience, forgiveness and the value of gentleness. Focusing on these values while holding difficult poses is an extraordinary spiritual experience that helps me immensely in my daily life."

