

YOGI WRITINGS

The Roebuck Family

Photos by Alicia Buss

Six and a half years ago I discovered Brenda through a yoga basics class offered at COS. I knew then that I wanted a yoga practice with Brenda. My challenge, however, work, an active lifestyle, two young children and a husband at home. I had to deal with the feelings of guilt and selfishness for wanting something for myself. With the support of my husband and children I began to practice yoga three times a week.

As our children got older, my husband and I began attending yoga classes together. Through thoughtful planning, sometimes "tag teaming" between classes, or sometimes hiring a babysitter, my husband and I began going to class together. Now we attempt to go together as often as possible. I know it is something we will share together long after the children leave home.

I also knew I wanted to share yoga with my older daughter and began offering yoga classes to Girl Scouts and summer teen yoga camps. Working with children was insightful. The biggest surprise - their response to restorative poses! As often as a teen's schedule will allow, Haley and I attempt to attend restorative classes together whenever possible. Hhhmmmm.....



maybe it is time to introduce Lauren, (age 10), to her first restorative class.

I hope my actions will show my children how important yoga has been to my life and hopefully, maybe, one day, theirs too! Namaste!

Karen (age 42)



"Yoga is cool."

Lauren (age 10)

I started yoga with my wife around four years ago. I try to practice yoga three to four times a week, whether it is at home or in class. Most people think yoga is all about stretching when I say, "I do yoga." I think that the yoga experience is different for everyone. The best thing about yoga for me is a greater ability to focus with clarity of thought. Yoga began to influence my actions both physically and mentally. Now, when I reach for a glass, hang the Christmas lights, or answer a question at work, I can see

the positive influence that a yoga practice can have. Other "more easily seen" benefits from yoga is greater strength, flexibility and balance when I am skiing, golfing, mountain bike riding or riding motorcycles.

Dave (age 43)



I first started yoga with my mom through Girl Scouts, and I was pretty young. I kept doing it occasionally but it's not really the thing for me (unlike my mom). I try to bring yoga into my everyday life, but it can be hard, in addition to bringing yoga into my everyday life, I bring my everyday life into yoga.

Haley (age 14)