

Yoga

FROM PAGE 4

Arthritis

"Yoga is a gentle, methodical, effective exercise and relaxation program that can ease the discomforts of chronic arthritis," according to the American Yoga Association.

Many times people suffering from arthritis reduce their activity level. Instead of discouraging activity, the AYA encourages people with arthritis to engage in gentle activity. Not only will exercise maintain muscle tone, good circulation and joint flexibility, but it will also give arthritis sufferers confidence that they can

continue to perform their daily activities.

Depression

There are chemicals produced in each one of our brains that can give us blissful feelings and relief from pain. Often referred to as natural painkillers, these chemicals are called endorphins. Endorphins do not release automatically but through certain types of exercise - one being yoga.

Practicing yoga on a regular basis will help your body to create and release more endorphins, therefore causing you to feel good physically, mentally and emotionally. Practicing yoga regularly also develops muscle tone and promotes weight loss

that generally increases self-esteem. Other benefits to those who are depressed include increased circulation and a strengthened immune system, which will create and sustain alertness.

"The road to health lies in your own body," the American Yoga Association states on its Web site.

Rockwood simply thinks of yoga as a three-legged stool balanced by physical exercise, mental concentration and breathing techniques. She notes that although yoga has been around for thousands of years, only recently has it gained enough credibility where some doctors are recommending its practice to patients.

Want to try yoga?

Don't be intimidated by visions of yoga masters twisting their bodies into shapes you can't even begin to imitate. Beginner classes will focus on easy movements and poses as well as controlled breathing.

"People are sometimes concerned that I'm going to ask them to become a pretzel," said Margaret Wagner, owner of the Crooked Tree Yoga Center in Acme, adding, "In our classes, we let go of competition with others."

Magner also said that people should not push themselves too hard during yoga.

"You have to listen to what your body needs in that moment," she said.

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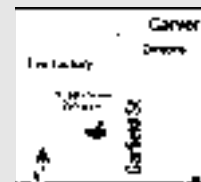
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A portion of the proceeds benefit Madeleine's House, Women's Resource Center, and TART Trails.

womenswintertour.com

Shape up

Here's a list of local health clubs and yoga & Pilates organizations

Center Ice Fitness; 1600 Chartwell Dr., TC; 932-8340.
Curves; 4125 C Cedar Run Rd., TC, 922-9821; 2160 A Old Grand Ave., Interlochen, 276-6047; 212 River St., Elk Rapids; 264-9861.; 5754 U.S. 31 S, Acme; 938-3338; www.curvesinternational.com;
Elk Rapids Fitness Center; 7401 Cherry Ave.; 264-5033.
End Zone Fitness; 4376 U.S. 31 S; 943-0101.
Fit For You Inc.; 1226 S. Garfield Ave., TC; 922-7285.
Fitness Center Inc.; 425 Boardman, TC; 941-8787.
Go Figure Fitness and Tanning for Women; 2915 Garfield, TC; 946-0810.
Grand Traverse Athletic Club; 1713 Park Dr., TC; 946-0220.
Liberty Fitness Center; 2062 S. Airport Rd. W, TC; 929-1375.
Lifetime Wellness Center; 3860 North Long Lake Rd.; 935-0152.
Park Place Health Club; 300 E. State St., TC; 946-5000.
Powerhouse Gym & Fitness, 3031 Cass Rd., TC; 946-1331.
Sweat Shop Gym & Aerobics; 1145 Woodmere, TC; 941-0414.
Traverse City Martial Arts Center; 1326 W. South Airport Rd., TC; 922-9600.
Ultimate Fitness; 1201 S. Garfield Ave., TC; 922-3036.

Yoga and Pilates

Bikram Yoga; 845 S. Garfield, TC, 392-4798; www.bikramyoga.traversecity.com
Bikram Yoga; Sutton's Bay 386-5785
Body Balance, 271-2210 99C 4th St., Suttons Bay
Crooked Tree Yoga & Therapy; 6501 U.S. 31 N; Acme; 938-3211; www.crookedtreeyoga.com.
Center for Body Awareness Pilates Studio; 121 S. Garfield Ave; 932-9010; www.pilatesbodyawareness.com.
Northern Michigan Pilates Studio; 119 Bridge, Elk Rapids; 264-6688.
Peninsula Pilates; Heather Skogerson, Owner/Instructor, 218-2191; heather@skogerson.com
Song of the Morning Yoga Retreat Center; 9607 Sturgeon Valley Rd., Vanderbilt, 49765, 989/983-4107 www.goldenlotus.org,
Union Yoga; 2521 S. Maple Valley Rd., Suttons Bay; 256-2100; www.unionyoga.com.
UNION/YOGA @ The Leelanau Center for Contemplative Arts; 116 W. Meinrad St., Lake Leelanau; 256-2100; www.unionyoga.com
Yoga for Health Education; 1200 W. 11th; 922-9642.
Yoga Stream; 109 S. Union, TC; 275-5588; www.traversecityyoga.com.