

CHANGE the IMAGE of Yoga

Moving beyond arthritis and diabetes

Heart-opening Twist

At age 64, with increasing arthritis pain throughout my body, and recovering from total knee replacement surgery, I found it more and more difficult to do many of the activities which had kept me going for years. Country/western dancing and stationary bicycle riding were both very hard on my knees, and I was in the market for other means to keep my body active without further aggravation to my joints. Also, as a 40+ year type I diabetic, I need to do whatever I can to keep good circulation going to my extremities. A friend told me about Abby's Heavyweight Yoga class.

I was pretty dubious at first, as I had always thought of yoga as an activity for skinny, limber people who were really into meditation and a spiritual-physical connection. I didn't put myself into any of those categories! However, I was encouraged by my friend's experience; and I thought, if nothing else I might be able to improve my balance, which was also becoming more of a problem for me.

I was so surprised after my first class! I liked it! I was quite proud of how well I was able to do the moves and could imagine improvements not only in my balance, but also with strength and flexibility.

That was over a year ago, and I continue to be surprised at my level of commitment to these classes. I never miss a week if I can help it. I can definitely see the improvements in the range of



Ethelynn, 65

my ability, but I'm not actually concerned about that. I feel like it is a great thing to do for my self, even to just maintain my starting level of flexibility and to limit, as much as possible, the arthritic stiffness and debilitation I saw in my mother and grandmother as they aged. My poor balance contributed to my clumsiness and risk of falling. I am now as delighted as a child when I am able to stand on one leg, even for a few seconds at a time. This is progress — and there is the promise of continued, steady improvement as the months go by.

I have never been one to join exercise groups, or to connect with friends to work out, but I find myself drawn to the other women in our classes. They look and move like me! We are not concerned about comparing each other's bodies, attire, or skills. We are supportive of all efforts, yet we are each there doing our individual thing.

I amaze myself with my own recruitment actions among friends. I enjoy yoga so much I want to share it. I think I'll be able to continue for years to come — primarily because I'm doing it now! ♥

HEAVYWEIGHT Yoga For more information on HeavyWeight Yoga or to buy the HeavyWeight Yoga DVD visit HeartFeltYoga.com, ebay.com or amazon.com Questions? Contact Abby at Abby@HeartFeltYoga.com