

Sound Body & Mind

Hatha Yoga has been taught at the college for 15 years. Joan Budilosvsky was the Yoga instructor.

"Yoga provides a sense of central focus to one's awareness and self-realization." Physical Education Professor Gail Tait said. Being able to focus on one's awareness and realization brings self-truth and peace. There is no fitness level required to practice Yoga.

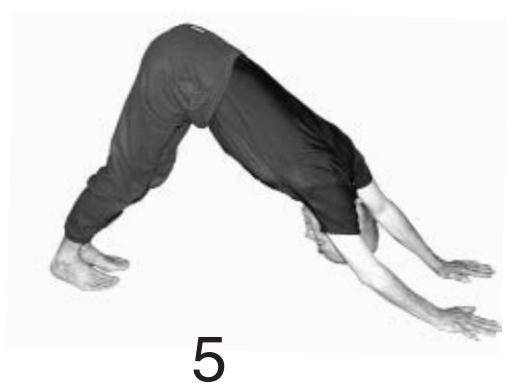
1 Gail Tait, Professor for Physical Education teaches her students to stretch and relax before starting class.

2 A student stretching his left-side but the name of the movement is called a "side angle."

3 Darryl Hendricks is exhaling during sun salutation. Sun salutations energize your legs and focuses attention inward.

4 Chelsea Brown is in the position called "triangle" and shows that she is at peace with her inner self.

5 Haruo Kurosawa shows his flexibility in the position Adao Munga Svan Asana or Downward-facing dog.



Story & Photos
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