



News from Within

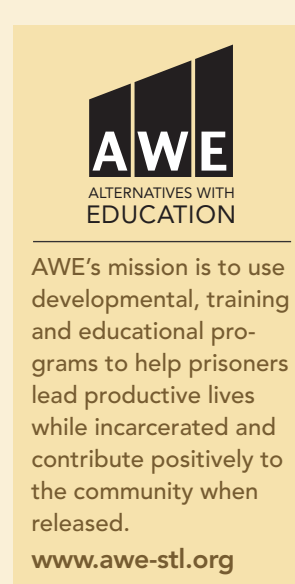
the Big Bend Yoga Center



Teaching Yoga at a Maximum Security Prison

By Lyn Magee

"What would you think about teaching a yoga class at the Maximum Security Prison in Potosi," said Sister Elaine. We were having lunch; she was telling me about her Meditation



and Behavioral Change classes at the prison, and how the guys had expressed an interest in yoga. That was in 2000. Two years later, I finally decided to give it a try. Honestly, I was scared; so I began slowly, going down every other week. After a year, I finally gave in and committed to going every Wednesday. I've learned to love and respect these guys (most of them 'lifers' and several on death row) who have resolved to change their lives and are living in the Honor Houses. Some have paid jobs, others tutor GED

classes, or volunteer in hospice and other programs for inmates. Over the years, several long time students have been transferred to other facilities, and I miss them. I often tell the guys they are my best student because I demonstrate a pose once or twice and they execute it perfectly. They tell me, "Well Miss Lyn, (I love the 'Miss Lyn'), you understand we're all very good at taking orders in here." Two years ago we had our first Meditation Retreat (three days) and last year, our first Yoga Workshop (two days) with Mike Elliff and me. After seven years, my weekly trip to Potosi has become a cherished and essential part of my yoga practice.

Highlighting Three BBC Yoga Teachers

By Kitty Daly and Mike Elliff

Not only does **Debra Simpson** teach yoga at BBC and Webster University, but for the past several years she has been on staff at Esalen Institute in Big Sur, Ca. (www.esalen.org) and leads a month-long yoga workshop; this year the theme was *Yoga Practice and Philosophy*. Students come from around the world to participate in programs at Esalen, working days in the kitchen or in housekeeping and 5 evenings a week they are in Debra's program. I've been with Debra at Esalen, and I know firsthand that this sacred spot on the earth is near and dear to her heart.

Nancy Lewis came to STL from Ca. several years ago and fills our Center and our hearts with chanting, movement and a deep commitment to her personal practice. Nancy not only shares her Kundalini yoga teachings, as taught by Yogi Bhanjan, but has graced the stage around town in many theater productions, 10 in the past 2 years. Nancy received a Kevin Kline 'Outstanding Actress' Award in 2006 for 'Going to See the Elephant.' Look for her next production in July.

There is a saying... *When the student is ready, the teacher appears...* which goes both ways with **Judith Shaw**. Judith arrived in STL 3 years ago for treatment for anorexia at McCallum Place and it wasn't long before she found the Big Bend Center; and, the center extended open arms to Judith to share her yoga teaching with us. February 13 (7-10pm) is the Opening Reception for her first solo art exhibit, **Body of Work, A sculptural diary of life with an eating disorder**, at Mad Art Gallery, www.madart.com.

"The process and materials access something subtle and powerful, much like my yoga," Judith says. Keep the date open and we'll see you there.

Bowing Deeply for so Many Opportunities



The Big Bend Yoga Center has been invited to join the Celebration of Fitness event at Washington University on March 7. Proceeds from the event support The Young Women's Cancer Program at the Siteman Cancer Center. Grab a friend or organize a team and join our own **Mike Elliff** for a fun-filled morning in quite possibly the largest yoga class you have ever attended. Registration forms will be available at the center or register online at www.celebrate-fitness.org.

In our continuing commitment to provide yoga to diverse and underserved populations, the BBC has partnered with the Wellness Community of Greater St. Louis to provide yoga classes to individuals affected by cancer. The Wellness Community provides support, education and hope for people with cancer and their loved ones. Those individuals, their family members and support persons may attend classes at the Big Bend Center free of charge Wednesdays 7:30-8:45 pm and Sundays 3-4:15 pm. Pre-registration is required through the Wellness Community.

For more information check out their website www.wellnesscommunitystl.org.

UPCOMING EVENTS

JANUARY

Yoga of Transformation

Jan. 26-Feb. 4 / Ten days with Mimi Eagleton
Contact: 314.629.2411 / mimieagleton@hotmail.com

FEBRUARY

Art Opening — Mad Art Gallery

Feb. 13 / 7-10 pm
Contact: www.madart.com

Introduction to Meditation

Feb. 21 / 3-5:30 pm / Elizabeth Fryer
Contact: www.insightstlouis.org

Core teachings of the Buddha

Feb. 28 & Mar. 7 / 3-5:30 pm / Bridget Rolens
Contact: Bridget Rolens / bridget@pathwaystomindfulness.com

MARCH

Celebrate Fitness

Mar. 7 / Washington University / Mike Elliff

Rod Stryker / YOGA OF FULFILLMENT

Mar. 21-25 / Five-day teacher training
Contact: Kitty Daly / 314.962.1590 / kittyyoga@aol.com

Matt Krepps / Ojo Caliente, New Mexico

Mar. 26-29 / Yoga retreat
Contact: Kitty Daly / 314.962.1590 / kittyyoga@aol.com