

[//SUBSCRIPTIONS](#)

[//ADVERTISING](#)

[//SIGN UP FOR E-NEWSPAPERS](#)



Email Address

Submit

SARASOTA'S PREMIER MAGAZINE

MY SRQ FAVORITES

Wednesday, June 15, 2011

IN THIS ISSUE

[ACCESS GUIDES](#)

[SRQ EVENTS](#)

[ABOUT SRQ](#)

[PARTNERSHIPS](#)

[OUR CLIENTS](#)

[SRQ STORE](#)

[BACK ISSUES](#)

[CONTACT US](#)

[PARTY PICS](#)

[CULTURE CITY](#)

Search

Go



THE
MAGAZINE
SARASOTA
LIVES BY



Shannon Willits,
Susan Kimmell, Alex
Marin, Zelena One,
Liana Sheintal, Ava
Csiszar, Joann
Hayashi, and Lynn
Burgess

[BACK TO
CONTENT](#)



Body Power

As yoga and Pilates become more mainstream than ever, everyone from businessmen to mothers are signing up to reap the benefits—and for good reason. After just one class, stress is lifted effortlessly and muscles start to feel gently worked. Thanks to the abundance of yoga and Pilates teachers in our area, this new, fit life can be just a drive away. Breathe in and out as these instructors say, and you will feel more relaxed than ever.

“The Gyrotonic Method is an inspirational source that allows me to find a richer texture in movement. I truly enjoy teaching and inspiring others to expand their experience of movement and feel their best. I believe that all bodies have the capacity to move with authenticity, intelligence and beauty, and it is rewarding just to be in that journey.” **Joanne Hayashi, the Pilates Body and Gyrotonic Studio**

“I once taught Karuna (compassionate) Yoga at a local gym. Throughout the practice, I encouraged the students to have compassion for themselves in their bodies and minds. Students would quietly approach me after class and share how they found themselves crying during the class without knowing why. I assured them that this type of release is nature, and letting go is a beautiful part of the healing process.” **Zelena One**

“Personally, I tend to like the inversions. They bring you into an opposite relationship with gravity that is healthy. They are very helpful in shifting a negative mental attitude. When I need to calm down or boost sluggish digestion, head balance is best; when I need energy, full arm balance rarely fails.” **Preston Whaley Jr., Yoga Arts (not pictured)**

“I am nearing 60 years old and yoga has given me the vitality and youthful vigor I enjoy. There is no part of my life that has not been enriched by the spiritual and physical knowledge I have gained from yoga. I am more kind, more of a humanitarian and more able to love my fellow human beings, because of the wisdom of yoga.” **Ava Csiszar, Siesta Key beach**

“In 1999 I took my first Pilates mat class. It was a life-changing experience. My lower back had always been a source of mild to moderate discomfort, but after one class, I felt like my entire body was lengthened and that I had used muscles that I didn't even





Business
at the touch
of a finger.

Click here to view
the new June 2011 issue
online or on your
mobile device.

know I had. I took my first workshop that year and never looked back.” **Shannon Willits, 3-D Pilates in Motion**

“People think flexibility is a prerequisite to starting yoga. You do not have to be flexible to begin. In fact, the less flexible you are initially, the more you have to gain. Although flexibility is not the main aim of yoga, it is one of the benefits of practicing. Also, yoga is not a religion; it is suitable for those of every faith, or for those with none.” **Lynn Burgess, Yoga from the Heart**

“What began as an enjoyable way to spend my free time has evolved into my full-time career. It's ironic, too, because in college, I minored in exercise science. I hadn't begun my yoga practice and wasn't sure what profession I was interested in pursuing. I had no idea it would be such a perfect match for my soon-to-follow career of managing and teaching at yoga studios.” **Liana Sheintal, Rosemary Court Yoga (not pictured)**

“I encourage anyone who is interested in Pilates to give it a try. Pilates is for everybody, and the workout can be modified to meet individual needs. Pilates has been incorporated into the workout routines of professional football, basketball, baseball, tennis and golf players. Why not incorporate it into your routine?” **Susan Kimmell, Premier Pilates of Sarasota**

“The only injuries I have seen come from beginner clients taking large group mat classes. The method is very specific to working from the core, so if you do the mat work not correctly engaged, you can actually cause back pain and weakness. That is why you need to work with a certified Pilates instructor to learn the correct engagement.” **Kathryn Dandois-Boivin, Dynamic Fitness**

“Every day that I wake up and my eyes open, I say this mantra to myself: ‘Ahhh, I’ve woken up again. Today is going to be a good day. I’m going to enjoy just as I am.’ My own happiness depends on how I arrange my thoughts toward my own life. This is yoga and how it has shaped me.” **Alex Marin, Yoga SRQ**

TEXT BY CHLOE WEBER // PHOTO BY HERB BOOTH
[Read Next Connect Feature](#)

[To access all SRQ articles, become a magazine subscriber today!](#)

©2011 SRQ:Sarasota's Premier Magazine. All rights reserved. [Contact](#) | [Site Map](#) Powered by GravityFree - [Sarasota Web Design](#)