

I became interested in Yoga about four years ago while I was struggling through some sciatic-thing going on in my lower back. It wasn't a result of any one specific occurrence, but rather a cumulative thing from years of too much lifting, too poor posture, and too little stretching. At first I tried all the typical treatments in my quest to heal, but in the end I opted for a more empowering approach to my own healing. I tried Yoga.

And lo and behold several years have passed and the sciatica is only a faint memory. Would it have healed without Yoga? Was time all that was needed to make the pain go away? Who knows, but in the years that have passed I have become a firm believer of Yoga. Yoga has helped me to become more aware of my posture, my flexibility, and my strength. It has made me into a better athlete.

I have been taught by every teacher in Show Me Yoga. They all have their own approach. Each has his or her own way of connecting with the student. There is no way a pupil will not find the teacher that s/he can enjoy. Myself, I like the style and character of Kevin. But he is no more dedicated than any other teacher in the studio.

I totally recommend to anyone to give Yoga a try. The learning curve is steep, and in no time terms like Dog, Cat, Fish, Warrior, Cobra, Triangle, Child's, Bridge, and Boat Pose will become to you a repertoire of doable poses. Do Yoga, and next time you're standing at Gerbes waiting to check out you'll be thinking to yourself: "tuck pelvis, bend forward slightly at the hips, shoulders back, chin level: Mountain Pose, WOW, you're an inch taller!

Barry Vollmer