

New foundation debuts with yogathon

Yoga By Design Foundation event held Sept. 4

BY CHRIS JACKETT

cjackett@candgnews.com

BLOOMFIELD TOWNSHIP — Not everyone can do a handstand. And those who can usually didn't start in their 50s.

Resident Lynn Medow did a handstand last year at age 58, a goal she reached after more than a decade of yoga training.

The yoga instructor and owner of Yoga By Design is starting a new venture called the Yoga By Design Foundation and launching it with a yogathon from 7 a.m.-6:30 p.m. Sept. 4 at Karma Yoga, 3683 W. Maple.

"It's just something I've been wanting to do for a long time after seeing the positive effects yoga has on people," Medow said of starting the foundation.

While YBD is a for-profit business Medow started in 2003, the foundation is a nonprofit organization geared at offering yoga to underserved populations, such as people with multiple sclerosis, Alzheimer's disease, Parkinson's disease or cancer; or those who live

in shelters, prisons or disadvantaged communities.

"I would like to see more yoga," Medow said. "You can't change the circumstances, but you're going to have some ability to monitor and control your reactions."

The yogathon will feature nine classes taught in a string by nine instructors, including Medow. Eight of the classes are 60 minutes, with the third class lasting 90 minutes. Each class costs \$15, which will go directly to the YBD Foundation.

"I will be pleased with any amount. I have no expectations," Medow said. "I'm just opening up and being as positive as I can be."

Medow teaches classes regularly at Karma Yoga, and owner Katherine Austin said she is thrilled to host the YBD Foundation's first event.

"I am honored to offer Karma Yoga to support the YBD Foundation's birthday. I am excited for our community," Austin said in a statement. "Those who cannot afford yoga will now have the ability to receive its

healing benefits.

"Plus, Lynn Medow and I are working together this fall to offer a new line of therapeutic yoga classes at Karma, in support of our community and the goals of Lynn's foundation even further."

Medow said people of all ages can participate in yoga, and studies show it has both physical and mental benefits. She didn't begin doing yoga until age 40.

"Yoga teaches you to use what you have, and not bemoan what you don't have and feel disappointed about what you can't do," Medow said. "You learn to utilize what you have to the maximum. People have this perception that yoga is about twisting yourself into a pretzel, and it's not.

"Every body can do yoga. People often say 'I'm not flexible, I can't do yoga.' It's not about that. It's about breathing."

To reserve a spot in the yogathon, contact Medow at (248) 939-1367 or lymedow@aol.com.

FOR THOSE WITH DIFFERENT YOGA INTERESTS, THERE ARE A RANGE OF CLASSES SEPT. 4:

- 7-8 a.m., short form Ashtanga with Medow.
- 8:15-9:15 a.m., Karma yoga with Austin.
- 9:30-11 a.m., Kundalini with Yvette Cobb.
- 11:15 a.m.-12:15 p.m., gentle/restorative yoga with Debbie Thomas.
- 12:30-1:30 p.m., yoga of journaling with Lynne Meredith Golodner.
- 1:45-2:45 p.m., Tibetan heart yoga with Brian Grenader.
- 3-4 p.m., great and thundering vibrations with Christopher Davis and Carol Damoth.
- 4:15-5:15 p.m., Yoga Nidra with Barbara Prinzi.
- 5:30-6:30 p.m., yoga of sound with Valerie Weir.