

Woman uses yoga to help heal people with illnesses

By BROOKS LAIMBEER
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Yoga has been used to help heal mind, body and soul, but Lynn Medow will now be using yoga to help heal people with terminal illnesses and those who live in shelters.

To help fund her business and raise money for yoga instructors, Medow created the Yoga By Design Foundation, which will host an all-day yogathon

FYI

For more information, go to www.yogabydesign.us or call 248-939-1367.

from 7 a.m. to 6 p.m. on Sunday, Sept. 4 at Karma Yoga, located at 3683 W. Maple Road in The Village Knoll Shopping Center.

“Even with people that are ill, the less stress they feel, the more the person’s

body is willing to accept the medical treatments,” said Medow.

After graduating from Michigan State University and the University of Stockholm with a degree in education and theater at 32, Medow began working at Dance Alive, a nonprofit professional dance company.

After working there for eight years and enduring running, weightlifting and

aerobic exercises, Medow decided to step onto a yoga mat and soon felt that she had come home.

“Yoga has done so much for my life and given me so much, and there are so many people who truly benefit from yoga,” said Medow.

After years of yoga training, Medow decided she wanted to become a yoga instructor and began her teacher training at 48.

In 2001, she became a certified yoga teacher, and in 2007, she became a certified yoga therapist.

Two years after becoming a certified yoga teacher, Medow began teaching at Karma Yoga in Bloomfield Township and created her own business, Yoga By Design.

Yoga By Design is a business that helps to support, guide and teach yoga to people who have an ill-

ness, an injury or who are aging.

“So many yoga teachers desire to reach populations who need to learn coping mechanisms to handle situations in their daily lives, said Medow. “The biggest obstacle is lack of funding for such meaningful programs and many organizations are aware of the ways yoga can enhance their constituents’ lives.”