

health & fitness

Yogathon To Benefit Underserved Groups

On Sept. 4, Lynn Medow will host an all-day yogathon at Karma Yoga in Bloomfield Township, 3683 W. Maple at Lahser, to launch her Yoga By Design Foundation.

Classes go from 7 a.m.-6:30 p.m., and are open to all. Class fees of \$15 per person will go entirely to support the new non-profit foundation.

This fall, Medow will launch the Yoga By Design Foundation to offer yoga to underserved populations including those with MS, Alzheimer's, Parkinson's and cancer, along with residents of shelters, prisons and urban/disadvantaged communities. Her foundation will raise money and seek donations to flow to teachers interested in helping these populations.

"Yoga is empowerment," says Medow, who comes to yoga instruction after a long career in social services. "I feel driven to empower each student and guide them back to their strongest, balanced self."

Karma Yoga owner Katherine Austin will donate her studio for the day.

"I am honored to offer Karma Yoga to support the YBD Foundation's birthday," says Austin. "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."

Medow has long wanted to create a non-profit version of her business, which would unite yoga instructors around helping those who need it most but cannot afford it.

"So many yoga teachers desire to reach populations who need to learn coping mechanisms to handle situations in their daily lives," says Medow.

"The biggest obstacle is lack of funding for such meaningful programs. Many organizations are aware of the ways yoga can enhance their constituents' lives and help people to negotiate through challenges.

"The Yoga By Design Foundation will raise money to fund these programs so yoga teachers can devote their time to teaching yoga — not search for funding."

This yogathon will be an annual event to raise funds and build awareness.

Reserve your spot by calling (248) 939-1367 or emailing lymedow@aol.com. Walk-ins welcome. □