

Transcript:

1) Title Page:



2) Quick Description of Yoga:



Yoga originated India, tracing back to about 5,000 years ago. To those who practice more traditional yoga, it is more than poses. Many Americans today still study yoga's ancient philosophies and feel its strong spiritual connection. To these people yoga is more like a lifestyle than an exercise.

3) Where yoga is:



Today in America, yoga is everywhere: there are yoga studios, classes at gyms everywhere books, DVDs, and even instructional videos on YouTube. In 2008, a study indicated that 15.8 million people in the United States practice yoga. Not to long ago I began going to a yoga class at my local YMCA. I interviewed three adults, who had discovered a love of yoga so I could get a better understanding of how they bring yoga into their life...

4) Beginning Yoga for the First Time:



Loraine: "I started yoga when I was going to Los Altos High School" Luca: "I started in 2000, so its been ten years now" Debbie: "I started yoga 17 years ago."

5) Loraine's Ideas about Yoga:



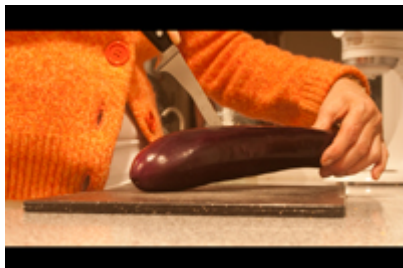
Lorraine began doing yoga back when she was in school and attending Los Altos High. Here's her story about how she became drawn to yoga.

8) LUCA VEGGIE:



Luca moved to California from Italy in 2003

6) LORRAINE:



"I'm very sensitive about the organs of my body and how I'm feeling everyday. If we really listen our bodies know how to tell us what to eat or what not to eat, we know. The more we practice that intuitive listening the stronger we get at learning how to not only eat well but how our food gets digested and you know people rush through meals. When your involved with yoga you sip your tea, you chew your food, you take your time, and you know what it is your body needs."

Whole Foods:

7) Tassajara:



Tassajara Zen Mountain Center is a Buddhist monastery in Carmel Valley, California where yoga is essential to their practices. If you talk to someone from Tassajara, they will most likely mention the food.

They are actually the owners of the well known Green's Vegetarian Restaurant in San Francisco. They have many cookbooks, one in which Tassajara says to be "offering wonderful food- often the primary reason people visit." The food is prepared from fresh, local organic produce and herbs. Tassajara's view on food is quite philosophical. One of its founders Shunryu Suzuki Roshi said, "When you cook, you are not just working on food, you are working on yourself, you are working on others."

9) Luca's Ideas:



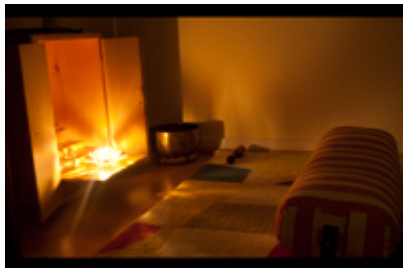
Talk a little about Luca "I first moved here in early 2000, I had just discovered yoga and came here from Italy to live in America. I was inspired through yoga and gained new confidence. I was confident enough to start my own business teaching yoga. I taught yoga and meditation, now I only teach meditation" (ADD MORE)

10) Meditation:



Meditation is also a part of yoga. Through sitting upright, closing your eyes, concentrating on breath, and calming your thoughts a person who meditates reaches a state of deep awareness and peace.

11) Experience's with Meditation:



"I used to have an energy scatter. There are very simple things that many people experience: restlessness, agitation, running around and as I go deeper into the process of yoga it helps me calm down, relax, find my center. I am very grateful to that"

12) Debbie's Ideas:



Meditation, or dhyana, is one of the limbs of yoga. Debbie talked to me about her connection with some of the others. "If you really explore some of these concepts, it's like... well that's relating to what I eat, its relating to what I read, what I watch in terms of television and movies. It's like what if I'm absorbing that in whatever manner it is: reading, eating, listening [laughs], the music I listen to. Is that doing me harm? Is it the right use of vital force?"

13) Debbie's Teaching:



"I decided that I wanted to explore my understanding of yoga, deepen my practice. So I took a teacher's training but not necessarily with the purpose of teaching. Actually towards the end of the training someone actually approached me and asked me if I was interested in teacher. It was like Oh! [laughs] Maybe I am interested in teaching. I currently teach at three different places, two of which are community centers.

The other is a spiritual community called the Center for Spiritual Enlightenment where I brings more of the teachings behind yoga to class, which is stuff I normally wouldn't bring up in the others because they are more of a general community"

14) Center For Spiritual Enlightenment:



The Center for Spiritual Enlightenment is one venue that Debbie teaches at. She also teaches at two other places, both of which are community centers. But at CSE she brings more of her philosophical teachings to her classes.

15) Spirituality:



CSE is focused on "the essential truth and harmony found in the world's religions, the necessity for a global ethical and spiritual awakening to bring about world peace, and the importance of individual participation toward this goal." They therefore have no one religion, but rather each person's spiritual journey is personal and can be strengthened through the teachings they offer.

Not only does the center teach yoga but also spiritual philosophies and healthy living.

16) "Yoga opens up a new way of life, full of compassion and caring"

17) The End:

