

KUNDUN YOGA

The power of vinyasa flow

With humility, an open mind, and an open heart do I embrace the studies of Yoga

YOGA & me

With Catherine Rosul



KUNDUN YOGA: What made you start practicing yoga? And how often do you practice each week?

CATHERINE ROSUL: For years (okay, decades) I ran. It was the most efficient exercise I knew to get/stay in shape during that perpetual juggling act of career, husband and kids. I competed rather successfully (thank goodness for age groups) and supplemented with bicycling and swimming for the occasional mini-triathlon. Hiking and skiing served dual purpose as family time because they are fun. I told myself I was "cross-training" with all of this.

Then my running partner started practicing yoga. Gradually I noticed that she wasn't slipping or tripping (or falling) on the rocky trails, and I was. My body was accustomed to moving in only one plane - forward. I needed to build core strength as well as to develop flexibility and fluidity for all the other directions in which our lives require us to move. Balance became an issue; I wanted to be able to recover from a slip or trip without wrenching back, hips, knees and ankles. Though

uncertain as to how, I also knew that yoga would add another welcome dimension to my spiritual values and beliefs.

Finally more time found me. I was able to add yoga to my life and attend a class 2-3 times per week.

KY: When did you start taking classes from Marie-Aude @ Kundun Yoga?

CATHERINE: I've been taking classes from Marie-Aude since May, 2009.

KY: Did you notice any change in your life since you have started practicing yoga?

CATHERINE: I was not expecting to notice major changes. However, it's been delightful to discover that I feel stronger and more balanced in all the activities I enjoy. I've been able to

add climbing (indoor rock walls) to my "sports," and yoga practice has definitely contributed to both physical ability and mental attitude when faced with these new challenges of height, coordination, leverage and strength. The integration, when I can achieve it, of spiritually "going within" during a physically demanding asana is difficult, restorative and fulfilling. And I don't find myself slipping and tripping, let alone having trouble recovering! Now I'm doing everything I always wanted to do, which is to keep moving.

KY: What do you like most with the yoga teachings you receive with Marie-Aude?

CATHERINE: Classes are never the same and never boring. We don't know what to expect when we walk in and set up our mats. Music is always complementary to the practice, and the undercurrent of our group breathing is inspiring and comforting. Individual attention is always available and welcome. When I tell Marie-Aude that some body part feels sore and uncooperative, she takes the class through moves that massage it perfectly for me. How she does this for everyone in the same session is amazing, yet I know from others that she does.

KY: What's your favorite part of the class?

CATHERINE: It's a great confidence builder to push past what I believe I can do, with Marie-Aude's verbal exhortations and encouragement as well as gentle physical adjustment.

KY: Do you feel any different after class?

CATHERINE: After class I always feel exhausted and rejuvenated.

KY: If you had a wish, what would you like to see being added/changed/removed to classes to make your experience even more whole?

CATHERINE: I would like to create my own mini daily practice and a routine I could continue when I am traveling or unable to attend class.

KY: What are your goals with the practice of yoga if any?

CATHERINE:

- +To grow in the integration of my spiritual, mental and physical self.
- +To confidently and unselfconsciously practice wherever and whenever.
- +To continue yoga practice for life.
- +For my body to "just know" when I'm correctly aligned, if that ever happens!

KY: Have your friends and family or colleague notice a substantial change in you now that you practice yoga several times a week

CATHERINE: Maybe they notice that I have the energy to



undertake learning new physical activities. And that I'm still running, cycling, hiking and skiing. At my age!

KY: Would you recommend Kundun Yoga to your friends & family?

CATHERINE: Kundun Yoga has my wholehearted recommendation. Since experimenting with various forms of yoga and instruction over the past five years, and learning from all of them, I find Marie-Aude's approach the most satisfying. She has a unique way of sensing what a roomful of students needs and bringing it together for us, challenging and soothing as appropriate.

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