

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

Fran Lusso



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

FRAN LUSSO: I started practicing yoga after finishing my most recent chemotherapy for lymphoma in 2005. I felt I needed some form of exercise and movement that was gentle but effective because I did not have much stamina the time. The meditative aspect of yoga was also an attraction as I had felt that meditation and guided imagery had been very beneficial to me during my cancer treatment and recovery.

I attend yoga class twice a week whenever possible.

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

FRAN: I heard about a new yoga teacher through friends who moved in the East Mountains early 2009. I started immediately with Marie-Aude, at the time she taught in Cedar Crest at the local fitness center.

KY: Did yoga change anything in your life?

FRAN: Yoga has benefited me both physically and mentally. Although, the physical aspects of yoga continue to be a significant challenge to me with my current health condition/recovery but I feel I have gained much flexibility and strength. I sleep better and have fewer 'aches & pains'. When I miss yoga for more than 1 week I notice pain in my hips during the night....that goes away once I am back on the mat.

Mentally, I gain a great deal from the meditative aspects of yoga, particularly in Savasana (corpse pose) even though it makes up only a small part of the yoga practice, time wise. The calmness and centering that result from yoga has made it easier to deal with living with cancer and the ordinary stresses of life. I do feel that challenging my body physically and then experiencing a few quiet, stress-free minutes of mental peace at the end of class helps reduce overall stress for more than just that short time and probably enhances the ability of the immune system to do its job.

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

FRAN: There is a generous and open feel to the classes. Each person can work at their own level without feeling self-conscious. Marie-Aude provides alternative positions as needed and is encouraging and supportive, prompting each student to work with their own body and get the most from each class. Each person can challenge themselves as much or as little as they wish on a given day.

It is also very helpful that Marie-Aude physically helps students to achieve the correct positions and does so in a very gentle, positive manner. As she leads the class through the positions her instructions are clear and helpful. As for the spirituality of the classes, each student is free to pursue that as much or as little as they wish...no one is ever made to feel uncomfortable.

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

FRAN: Honestly, my favorite part is Savasana , 'corpse pose'. After the physical effort of the class, the few minutes of meditative rest offers an opportunity to detach from the external world and center oneself. The restorative effect of these five to seven minutes is very important to me.

KY: Do you feel any different after class?

FRAN: After class I always feel that I have done something good for myself and my body. I feel calm and centered...and often quite exhausted!

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?

FRAN: I always like to have music, especially during Savasana because focusing on the notes and tones of the music helps me to turn my awareness inward and detach from the external world.

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

FRAN: My goals are to improve my strength and flexibility in a gentle manner and to continue to achieve healing benefits from the meditative aspects of yoga.

KY: Have your friends and family or colleague notice any change in you whether physical, your happiness level, your strength, or other? What are their comments?

FRAN: Friends who have returned to yoga after being away for months have commented that I seem much stronger during class than they recalled.

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

FRAN: Yes, I would recommend Kundun Yoga and Marie-Aude as a teacher to friends, and have done so. This is a yoga practice that is easily suited to any and all levels of experience. Marie-Aude is always welcoming and encouraging. She embodies a real commitment to sharing the benefits of yoga with others at whatever level they wish to pursue. The flow of the class, her assistance in achieving correct positioning and her expertise and knowledge make for a very positive experience.

Kundun Yoga • 12129 highway n. 14 • cedar crest, nm 87008

505.407.4020

www.kundunyoga.com • marie-aude@kundunyoga.com