

yoga

JOURNAL

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FOR YOGA
AND MASSAGE

"I used to make fun of yoga. Now I'm glad I lived long enough to know better."

How Yoga Saved My Life

By Samantha Dunn

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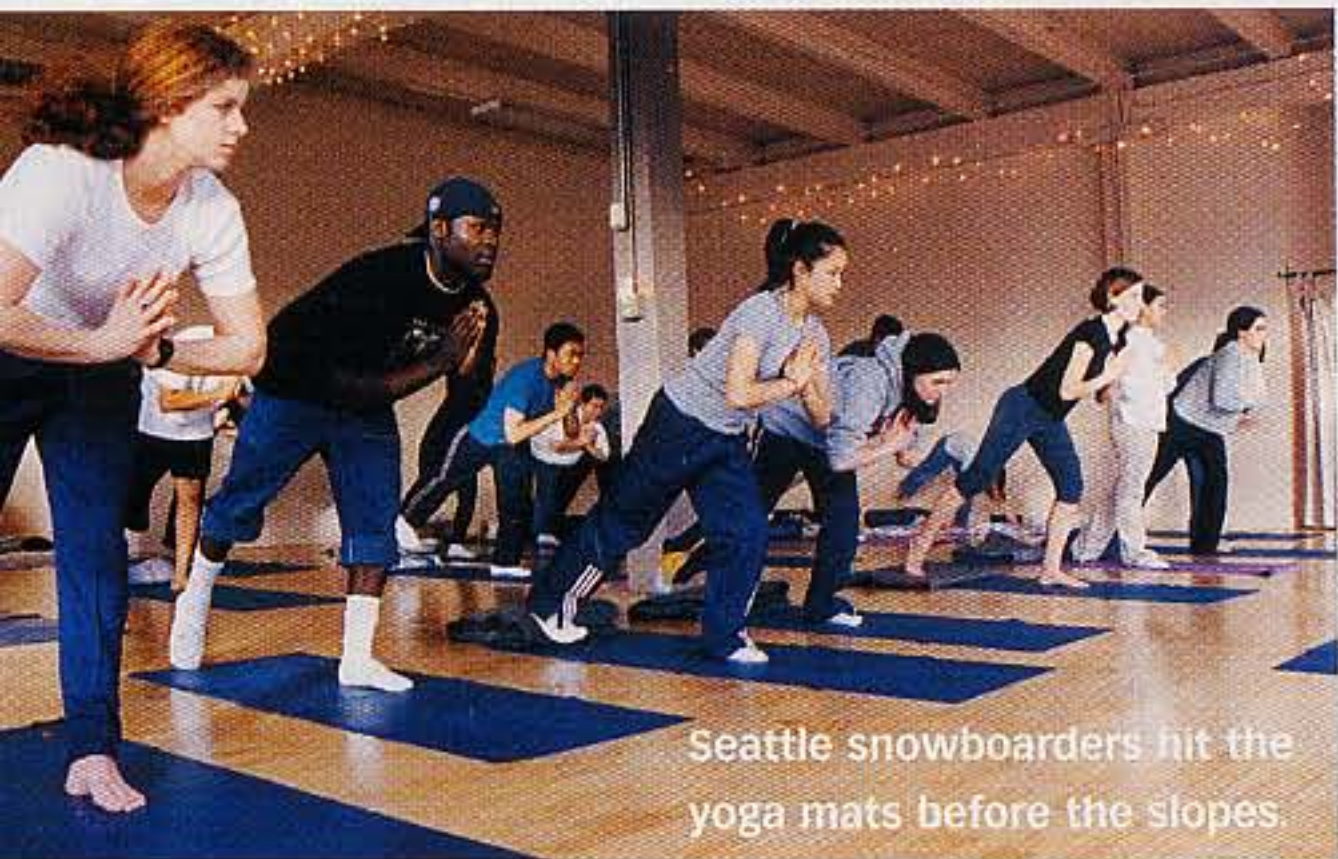
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After-School Yoga

TWENTY TEENAGERS SIT in Lotus Pose and fill 8 Limbs Yoga Studio with an enthusiastic Om. After their yoga session they'll head off to St. Mary's Food Bank and prepare food for distribution. The following Sunday they'll limber up with yoga, then hit the slopes and snowboard at Crystal Mountain, an hour north of Seattle.

Meet The Service Board (TSB)—an organization dedicated to self-awareness, community service, and inter-generational learning. TSB was founded in 1995, the brainchild of John Logic, owner of Snowboard Connection, and Thomas Goldstein, current director of TSB. The group sought to create a space for local area youths “whose elevators were on the way up,” says Goldstein. TSB teens' backgrounds vary: fresh out of jail, an Eagle Scout, the first in the family to go to college. Hopefuls fill out an application and must show promise and a desire to make positive change in themselves and their community, share talents, and learn new skills. It's a five-month program designed to let kids explore, grow, and serve.

“Most of these kids lead very un-yogalike lives,” says Goldstein. “Yoga takes practice and time, requires focus, balance, and the ability to take instruction, all skills that help youths with snowboarding, community service, and their lives in general.”



Yoga was added to the program three years ago. Anne Phyfe Snedecker, director of 8 Limbs, is one of many small business owners in the Seattle area that donate time, money, goods, or services.

TSB member Bobbie Yanouphet, 15, liked the relaxing and calming effects he experienced after his first yoga session, while Kela McLin, 16, said it would definitely increase her balance. “My first time snowboarding I was falling like crazy. This should help.” While snowboarding may be the carrot on the stick for TSB participants, yoga is obviously a good dip. —*Kathy Schultz*