

Editions: [Mobile](#) • [Text alerts](#) • [RSS](#) • [Twitter](#) • [Newsletters](#) • [Paper](#)

Find it: [Jobs](#) • [Cars](#) • [Homes](#) • [Apartments](#) • [Deals](#) • [Weekly ads](#) • [Coupons](#) • [Classifieds](#) • [Dating](#) • [Place ads](#)



Find what you are looking for ...



[HOME](#) • [NEWS](#) • [COMMUNITIES](#) • [OPINION](#) • [BUSINESS](#) • [SPORTS](#) • [LIFESTYLE](#) • [ENTERTAINMENT](#) • [OBITUARIES](#) • [EXTRAS](#) • [HELP](#)

[BOOKS](#) [CELEBRATIONS](#) [FAITH](#) [PEOPLE](#) [FOOD & DRINK](#) [HEALTH & FITNESS](#) [HOME & GARDEN](#) [PUZZLES](#) [SHOPPING & FASHION](#) [TRAVEL](#) [WEDDINGS 101](#)



Comment, blog & share photos
[Log in](#) | [Become a member](#) | [Search people](#)

Add your thoughts: Do you tweet?
Follow our reporters and editors on Twitter.



Yoga holds key to total health improvement

Renee Bogard, 37, yoga instructor, owner of Altered Body Mind Yoga Studio



AS TOLD TO STAR REPORTER BARB BERGGOETZ

Posted: July 22, 2008

Recommend | E-mail | Print | Share

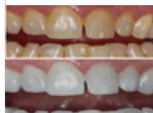
A A

I started practicing yoga in 1998 for several reasons. I had a lot of stressful life circumstances going on. I was looking for some kind of internal peace.


Although I was a personal trainer teaching aerobics, I had injured my knee, and teaching was getting too hard on my knee.

ADVERTISEMENT


Ads by Adblade




Why Pay For Whiter Teeth?
How a stay-at-home mom got whiter teeth for less than \$10...
[Learn more](#)




2009's Best Teeth Whiteners
White Strips ranked #4. See why 2009's Best Teeth Whitener was a "shocker!" [Learn more](#)



1 Trick For Whiter Teeth
Whiten your teeth 5 shades in one hour by following this simple rule... [Learn more](#)



Top 3 Wrinkle Creams for 2009
Skin Secrets Revealed. Before you buy, see what's been voted the Top Wrinkle cream of the year! [Learn more](#)



#1 Rule to Build Muscle
Learn how a student gained 10 Lbs. of muscle by obeying this one rule. [Learn more](#)

I had always been fascinated by Eastern philosophy. In the early 1990s, while working as a flight attendant, I traveled to India and Nepal. The culture, the people and the history really inspired me to find a better way to meet my physical needs and to work out the spiritual component of my life. I wanted to learn more.

At first, I started with private instruction in meditation, Eastern philosophy and yoga as a spiritual discipline. I started studying with other teachers and learning classic hatha yoga in 2000. I went on weekend retreats for intensive yoga instruction and meditation.

I had a full-time job as a teacher's assistant at a Montessori school, but I was really fascinated with yoga. Three different teachers gently persuaded me to become a teacher since I was so passionate about it.

In January 2005, I completed hatha yoga certification and registered through the Yoga

Alliance, which regulates teachers. At first, I thought I was just going to teach children yoga. But I had all these good things come to me.

Before I knew it, I was a full-time yoga instructor. I taught at Eli Lilly and Co., schools and corporate sites. It became a niche -- working with teachers and social workers.

I still travel to my corporate classes, but now I mostly teach at my own studio. This Saturday is my open [house](#) from 1 to 9 p.m.

On weekends and during the evenings, I teach hatha yoga for adults and children, vinyasa yoga, which is a more athletic [style](#), and restorative yoga that's good for pregnant women, seniors and those recovering from injuries.

I also take clients on yoga retreats to Brown County and other sites. In April,



Renee Bogard, yoga instructor

RELATED INFORMATION

Bogard's advice for people considering yoga

* You don't have to be flexible. People wrongly think because they are not flexible, they can't do it. You learn to be more flexible.

* Try a class suited to you. There are lots of different types of yoga for people who want an athletic, restorative or meditative type. But it's not a religion or a cult. It's a lifestyle practice.

* Make time for your health. You can't just practice a little while and stop. Consistency yields the greatest rewards. A minimum of one class a week is good, so you can get group energy and instruction to make sure you're aligned properly. Then you also can practice at home.

LOCAL NEWS ALERTS

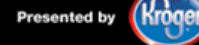
Get breaking local news as it happens. Enter your phone number below:

() -

Standard Messaging Rates or other charges apply. To Opt-out text STOP to 4INFO (44636). For more information text HELP to 4INFO (44636). Contact your carrier for more details. Powered by 4INFO

You can receive weather, stock, news alerts and more.

Sign up for more alerts



IN THE NEWS

TODAY'S TOP HEADLINES

State senators oppose Obama nominee
S. Ind. man arrested after police standoff
South Bend buses to carry atheist ads
Hotel worker in favor of union meets with Obama
Auto emissions, mileage in for tuneup
[More](#)

five of my clients and I went to an all-inclusive yoga resort in Costa Rica, where we had twice-daily yoga sessions and worked with local underprivileged children for a day, teaching them yoga and good nutrition.

Everything I love about my different jobs in the past and my love of yoga is all rolled up in one career. For me, yoga has helped me mentally, emotionally and spiritually, as well as physically.

I feel much stronger and more flexible than when I was doing other fitness routines. It's my main physical workout, although I love to hike, too. The breath work, deep relaxation and stress relief it provides is immeasurable.

Before I found yoga, I was a lot more insecure and held back on what I wanted to do to please other people. Yoga has given me confidence and a sense of inner peace and grounding in my life.

Renee Bogard, 37, yoga instructor, owner of Altered Body Mind Yoga Studio

MOST VIEWED STORIES

[Today](#) | [Yesterday](#) | [Last 7 Days](#) | [Last 30 Days](#)

- A long trip for a few games for IU recruit
- To sponsors, winning not always everything
- State senators oppose Obama nominee
- Colts' Saturday holds out hope
- S. Ind. man arrested after police standoff
- South Bend buses to carry atheist ads
- 3 school plans go to voters today
- State will pay schools to increase grad rates
- Union vows to pay disability claims
- All 33 in 500 field finally ready to roll

MOST COMMENTED

- Protests begin at Notre Dame before Obama arrives (262)
- Reactions split over Obama's Notre Dame visit (204)
- Bikes lose ground (178)
- Hobart man gets 2 years for bestiality (170)
- Daniels attacks climate change proposal (139)

MARKETPLACE

[JOBS](#) | [CARS](#) | [HOMES](#) | [RENT](#) | [STUFF](#)

Find the best job
in Central Indiana and beyond

Keyword(s):

City:

Indianapolis

Select a state:

Indiana

Select a Category:

- All Categories 

- Search for Jobs
- Post Resume
- My CareerBuilder
- Tools & Advice
- For Employers
- Career Fairs

Place an ad
Online & Print

Award-winning banking...
with the awards to prove it.

Click here to learn more.



Huntington

A bank invested in people.®

ADS BY PULSE 360

[Get Listed Here](#)

7-Night Invite Ambien CR™
(zolpidem tartrate extended release) CIV. A Free 7-Night Invite
www.AMBIENCR.com

AARP Auto Insurance From The Hartford
Over 50? Save \$388 on Your Auto Insurance In Minutes w/ The Hartford.
AARP.TheHartford.com

Online Six Sigma Training
Earn Six Sigma Master Certificate From Villanova U
www.VillanovaU.com

SUBSCRIBER HELP CENTER

 **Special offer**

Subscribe now and receive a free gift.

Subscribe today!

- Subscribe today! Manage your account
- Change address Delivery problem
- Billing questions Pay your Star bill
- eStar edition Partnership for young readers
- Subscriptions by mail

Site index

Full index

Marketplace

- Classifieds
- Jobs
- Cars
- Real Estate
- Apartments
- Shopping/Coupons
- Place an ad

News

- Opinion
- Columnists
- Business
- Politics
- Crime
- Education
- State
- Nation & World
- Databases
- Video

Communities

- Marion County
- Boone County
- Hamilton County
- Hendricks County
- Johnson County
- Hancock County

User Services

- Contact us
- Submit news

Sports

- Colts
- Pacers
- Motorsports
- Hoosiers
- Boilers
- State Colleges
- Preps
- Scores & Stats
- Bob Kravitz

Lifestyle

- Travel
- Health & Fitness
- Home & Garden
- Faith & Values
- Shopping & Fashion
- People
- Engagements
- Weddings
- Anniversaries

Indy.com

- Entertainment
- Metromix
- Dining
- Movies
- Music
- Nightlife
- TV/Listings

Extras

- Obituaries
- Crossword
- Sudoku
- Comics
- Horoscopes
- Multimedia
- Archives
- Forums | Blogs
- Newsletters | RSS
- Mobile

Partners: Jobs: CareerBuilder.com | Cars: Cars.com | Apartments: Apartments.com | Shopping: ShopLocal.com | Homes: Homefinder.com

[Terms of Service](#) | [Privacy Policy](#) | [Contact Us](#) | [About Us](#) | [Work for Us](#) | [Subscribe](#)

Copyright ©2009 IndyStar.com. All rights reserved. Users of this site agree to the Terms of Service and Privacy Policy/Your California Privacy Rights (Updated March 2009)