

## A Different Kind of Yoga

### Anusara-inspired Yoga with Jessica Stout at Sacred Space Yoga

by Keith Waller

Jessica Stout is back.

Actually, she never left, but was reluctantly preparing to move away from Myrtle Beach this past fall to accompany her husband to a job. Thankfully, plans have changed and Myrtle Beach is home to Jessica for good. Myrtle Beach will also be the home for her new baby, due March 15th.

Sacred Space Yoga and Healing Arts Center on 79th Avenue North in Myrtle Beach is Jessica Stout's studio for yoga and massage. Jessica has been designated as "Anusara-inspired," a title given by Anusara founder John Friend, for those teachers qualified and on their path to official certification. In fact, Jessica is the only yoga instructor teaching Anusara yoga in the area, and is on her way to being certified to teach this yoga style.

"Anusara has three components that make it different from other kinds of yoga," explains Jessica. "At its essence, Anusara Yoga® embodies a philosophy of intrinsic goodness, while utilizing a sophisticated set of biomechanics called the

Universal Principles of Alignment™, and fostering a strong sense of community called Kula or community of hearts."

Anusara is a relatively new yoga style, created in 1997. Influenced by Iyengar, John Friend incorporated his own unique refinements, garnered from a lifetime of expansive experiences into what is now known as Anusara Yoga. This trademarked yoga style, with its accompanying Tantric philosophy, have made Anusara the fastest growing style in the world. Anusara is especially popular in the US, due to its life affirming and uplifting spirit, accessibility to people of any ability, and the number of students who find immediate benefit from their practice.

Anusara incorporates a Tantric yoga philosophy that views the body, mind and spirit as inherently good, and embraces everything in creation. "If the spirit is divine, then the mind and body are divine," Jessica says. "Life is good, we are good, and at the heart of everything is intrinsic goodness."

Anusara means to 'step into the flow of Grace' or put more simply, 'to follow your heart.' There is also a spirit of toler-



Anusara is about opening up to every part of ourselves and seeing every part as sacred, seeing everything as supreme consciousness. Instead of making a dualistic system by saying the body is just a casing for the spirit and we have to subjugate the body, or control the body, or discipline the body so we can penetrate to find the spirit, we see the body as beautiful, even though it's transitory. Our body is our laboratory. You are supreme, and there is tremendous goodness and worthiness inside of you. Find the blessing in your limitations, instead of seeing them as a curse.

-John Friend, Founder, Anusara Yoga

ance and acceptance with Anusara, one that embraces diversity and uniqueness. Everyone, complete with quirks, individual abilities and unique strengths, is welcome. "We use the Universal Principles of Alignment in order to therapeutically enhance the experience of the poses. Although there is a lot of emphasis on technique, the feeling of the pose is most important" explains Jessica. "In a room of ten people all doing the same pose, you'll have 10 different expressions of the same pose, each brilliant, wonderful, and in fact, more beautiful because they are reflective of the beauty inside. Not only does it look good, but it feels good and you have fun with it."

Anusara Yoga seeks to help people create more joy in their lives. "Every class has a theme, or contemplation, that is a heart quality that anyone would want to cultivate," says Jessica. "The theme is woven throughout the class, and the yoga practice becomes a moving meditation. You will sweat and feel great from the physical challenge and endorphins released, but, hopefully, you'll also have 'a-ha' moments where you realize something really pertinent that makes sense on and off your mat, and enhances your life in some way. We all find these little awakenings, springing up during class in our bodies and spirits."



Why Anusara Yoga? Why not start a diet, go to the gym, take a seminar or read a self-help book? With a truly committed yoga practice, everything comes. "Students make huge shifts in their lives, becoming happier people, overall. With Anusara yoga, it is not just a physical shift, but an aligning with your own best form. The commitment of a long term Anusara practice causes a confidence shift, an emotional shift, even a hormonal shift. You align with Grace and move toward your highest good."

"Several students in my classes have lost weight, very gradually and very steadily, and none of them has gained any of the weight back. Weight loss wasn't their original goal, but just a happy surprise that happened over time and with a committed practice." Anusara is not for the person looking for a quick fix. It involves a personal commitment to a practice, to a healthy lifestyle, that

is enormously life changing and connects each student to a supportive little community that recognizes them simply for the good they are. "With this connection, you begin to envision yourself differently, to think, 'this is what my ideal would be like, if I were optimum in every way.' If we strive for our highest, we're going to go so much further," says Jessica. "Not only do we have stronger abs, or thinner thighs,

## OSHER LIFELONG LEARNING INSTITUTE AT COASTAL CAROLINA UNIVERSITY (OLLI AT COASTAL)

*Interested in learning, growing, changing?*

*You're invited to attend an  
OLLI Meet & Greet Reception  
to learn more about lifelong  
learning classes offered for  
Winter and Spring 2008.*

For more information, to receive the catalog  
by mail or the weekly newsletter by e-mail:  
349-4001 or 349-4030 or  
olli@coastal.edu.

Course descriptions are available  
at all locations or online:  
[www.coastal.edu/olli](http://www.coastal.edu/olli)

### At an OLLI Meet & Greet Reception, you can:

- ▶ Meet members of the lifelong learning faculty and staff
- ▶ Experience free lectures and demonstrations about courses
- ▶ Access our Web site and Kimbel Library's database
- ▶ Register for classes and receive your student ID card and campus parking permit
- ▶ Enjoy refreshments and entertainment while socializing with other members

### OLLI Receptions schedule:

- ▶ **Monday, Jan. 7** - 10 a.m. to 3 p.m.  
Waccamaw Higher Education Center, 160 Willbrook Blvd., Litchfield
- ▶ **Tuesday, Jan. 8** - 9 a.m. to noon  
J. Bryan Floyd Community Center, 1030 Possum Trot Road, North Myrtle Beach
- ▶ **Tuesday, Jan. 8** - 1 to 4 p.m.  
Webster University, 4589 Oleander Drive, Myrtle Beach
- ▶ **Wednesday, Jan. 9** - 9 a.m. to noon  
Foundation Center, U.S. 501 and Winyah Road, Conway
- ▶ **Wednesday, Jan. 9** - 1 to 4 p.m.  
Georgetown Higher Education Center, 1273 North Fraser Street, Georgetown





*A little bit of Heaven & Earth  
right here and right now.*

- ~ Crystals
- ~ Reiki - Long Distance Healing
- ~ Reiki Attunement Classes
- ~ Angel Art
- ~ Personal Angel Drawings
- ~ Akashic Records Reading

504 Main Street, N. Myrtle Beach  
(Located inside The Frame House)  
M-F 10-5, Sat 11-2  
Call Marge at (843) 450-7226

*The  
Blue Lady*

but our whole self evolves to create a more joyful life."

Anusara is accessible to everyone. "The students in my classes are of all ages, literally. We see 20 year olds in class, but more students are in the 30 to 40 year old range, and sometimes older. Classes are small, and split pretty equally between men and women," explains Jessica. Ideally, in order to make the most of a yoga practice, students should come to class as frequently as possible. Realistically, with the busy schedules of most working people, one time a week might be all that is possible. "And that's OK," says Jessica. "Consistency and commitment are the keys to a successful outcome."

"I see many people with pain issues. The Universal Principles of Alignment are great therapeutic tools that can be used to address pain in class. By applying these principles, I've been able to help many students experience relief from chronic pain. I am planning a workshop in February that targets people with arthritis, and demonstrates how Anusara yoga can help alleviate pain. Since commitment is the key to achieving the best of what a yoga practice can offer, I'm starting out in January with a workshop on intention. This is not a new year's resolution, but something to incorporate into your life for every day - a life resolution."


*Sacred Space Yoga and Healing Arts Center is located at 417 79th Avenue North, upstairs, in Myrtle Beach. For more information, contact Jessica Stout at 839-9642 and see her website at SacredYogaSpace.com. See ad, page 29.*



## Why is this book necessary now?

**There has never been a time in our history where an innovative, inspired approach to marketing has been more important. Understanding that intention and energy are behind every word and image we use in our materials and in our outreach makes a huge impact as to how we are perceived and whom we attract.**

*Andrea Adler's* book takes the reader through an initiation that unfolds chapter by chapter. From exposing The Root Chakra of PR, to sourcing the Three Stages of Creativity, to discovering the muscle of Network Science, Andrea introduces marketing concepts never expressed in a business book before. At the same time, she removes the mystery of marketing and takes this practice to a new level of understanding and cohesiveness. Readers will begin to explore a new approach to marketing themselves, ideas, products and services through a new set of visual and mental lenses.



*Andrea Adler is the founder of Holistic PR, the author of Creating an Abundant Practice and The Science of Spiritual Marketing: Initiation into Magnetism. An international speaker and workshop presenter, Andrea demonstrates how to integrate spiritual practice and psychological self-inquiry into a fundamental transformation of people's lives and their marketing approaches. Andrea is available for consultations, workshops and keynote presentations.*

**Visit: [HolisticPR.com](http://HolisticPR.com) or call 505-983-7777**

METAPHYSICS   HOLISTIC HEALING   NATIVE AMERICAN TRADITIONS   SELF - ACTUALIZATION

# Wisdom OF THE Ages

**Coming in Jan. & Feb.**

**January 15, Tues. 7pm—Author Robert Schwartz**  
COURAGEOUS SOULS, Do We Plan Our Lives Before Birth?  
at Unity Church, 1270 Surfside Industrial Park Dr., Sufrside  
Cost: Donation.

**February 9, Sat. 10am-4pm—Why Reincarnation?**  
w/Susan Boles. 843-907-6493 or lamSusanSun@aol.com  
at Unity Church, 1270 Surfside Industrial Park Dr., Sufrside  
Cost: \$44.

Info: Susan 843-651-6325 – Olivia 843-357-1367  
[WisdomofAges123@aol.com](mailto:WisdomofAges123@aol.com) – [www.Wisdom-of-the-Ages.net](http://www.Wisdom-of-the-Ages.net)

**Yoga is really trying to liberate us from ... shame about our bodies. To love your body is a very important thing—I think the health of your mind depends on your being able to love your body.**

**—RODNEY YEE, *Yoga: The Poetry of the Body***