

THE DENVER POST

YOGA: Classes offer a stretch

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classes of all levels and most styles of yoga, led by teachers from around the world. "It's like going to summer camp," says conference director Elana Magall, who expects 1,200 to 2,000 participants. "Everybody eats together, you have the mountains on all sides, the elk are strolling through. It really is like camp for adults."

Some highlights:

- Yoga master T.K.V. Desikachar will lead a three-day intensive course on yoga's power to heal, reduce adverse symptoms and enhance quality of life, Sept. 21-23.

- Combine yoga and rock climbing in "vertical yoga," asanas in the morning, rock climbing in the afternoon, Sept. 23 and 24.

- Chant and sit or move and sweat, learn about anatomy, philosophy and alignment at the main conference, Sept. 25-27.

- The beginners' conference builds strength and confidence, Sept. 26-27.

- "A Night of 108 Laughs" promises cutting-edge yoga comedy with never-before-seen asanas, and "spiritually incorrect" stand-up comedy, \$15 conference attendees/\$20 general public, 8 p.m. Sept. 26.

The conference costs range from \$225 to \$1,245, depending on number of days. Day passes are available for the Friday and Saturday of the main conference. YMCA of the Rockies, 2515 Tunnel Road, Estes Park, for more information or to register, go to yjevnts.com or call 800-561-9398.

Practice with a celebrity

International yoga star Baron Baptiste brings his "Person-



The annual Yoga Journal conference returns to Estes Park Sept. 20-27 with classes for all levels. *Yoga Journal Conference*

al Revolution Immersion Power Vinyasa Workshop" to the Infinity Park Event Center in Glendale Oct. 3. Those who sign up for the all-day conference can participate in a free beginner's workshop with Yoga on 6th instructor Ashley Phoenix, 4-6:30 p.m. Sept. 19. Yoga on 6th, 2780 E. Sixth Ave. (at Detroit Street), 303-388-6408; yogaon6th.com.

Work on poses in private

Vail yoga teacher Prisca Boris has teamed up with Bikram yoga innovator Argie Ligeros Tang to create a series of **Pulse Yoga DVDs** combining Pilates, weight training and yoga. The one-hour Pulse Yoga I Basic, Pulse Yoga II Balance & Tone and Pulse Yoga III Stamina & Strength are \$14.99. The 30-minute Pulse Yoga Express is \$9.99, available at pulseyoga.com.

Help a cancer patient

Grassroots nonprofit Yoga Bear connects cancer survivors with free yoga classes, based on the belief that yoga can strengthen the body and mind. A collective of yoga studios works with those who do not have insurance coverage for complementary therapy/treatment or who cannot afford to pay out-of-pocket for these classes. Most studios give donations in the form of membership gift certificates. The Denver Yoga Bear chapter is seeking studios and clients who want to apply for the program. E-mail kat@yogabear.org for more information.

Kristen Browning-Blas:
303-954-1440 or
kbrowning@denverpost.com