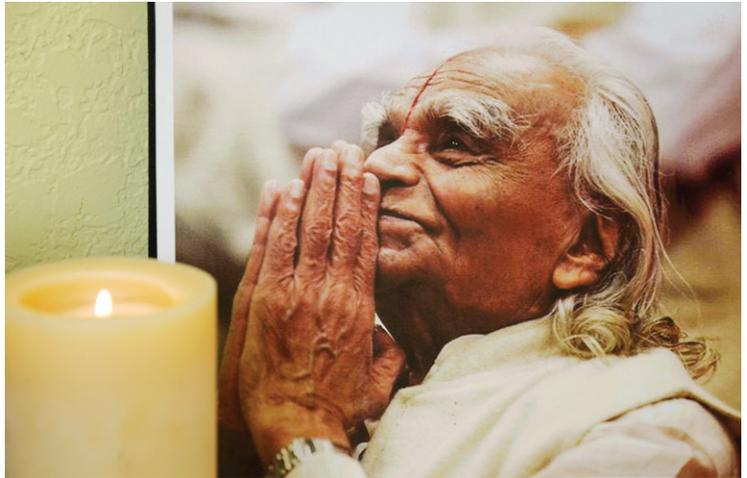


YOGA

By Sean Miller • Photography by G. Randall Goss



A photo of legendary yogamaster Yogacharya B.K.S. Iyengar makes Reilly's studio complete.



Mary Reilly stretches out in her home yoga studio.

In-home yoga studio provides solace

Mary Reilly, of Harbor Springs, has brought her passions all the way from India right into her home. Reilly has created a studio in her home where she studies and practices Iyengar yoga.

What used to be her children's bedroom is now converted into a fully equipped yoga studio. There is a rope wall, which is a staple in her study of yoga, and wooden benches, blocks and blankets to help with bringing the body into the correct positions.

Reilly began her studies in 1987 in India and has returned 12 times to further her studies and become a senior level Iyengar yoga instructor. The method of yoga she stud-

ies has an institution in India and is the home of Iyengar teachers.

"Some of the yoga that is popping up around the country has no ties to Iyengar yoga," Reilly explained. "The true Indian yoga methods have progressive systems of certification levels. They are very specific on the assessments and training," she said.

Reilly has been teaching yoga classes in Petoskey since 1986. Her in-town studio, North Woods Yoga, is located on the third floor of 316 1/2 E. Mitchell St. Her personal in-home studio reflects well upon all that her teaching studio holds.

"The ropes we have at both my in-town and home studio are for providing traction and is a great way to extend the spine to create more movement in your joints," Reilly said. "The bottom ropes are put over your

hips and your feet are solid on the floor. You will end up in a position like you are looking out a window."

"After a while you get more flexible and will be able to do different moves from this position and by using the ropes," she explained.

Having an in-home studio is something that Iyengar yoga teachers strongly encourage; this way you can practice at home and go to class to have your moves and technique critiqued by your teacher.

Although she is at a senior level, Reilly feels it is still important to have an in-home studio to practice what she has been studying for the past 30 years. Her in-home studio provides Reilly a sanctuary to study her practice and a place to work on material and curriculum for her classes in town. ▶

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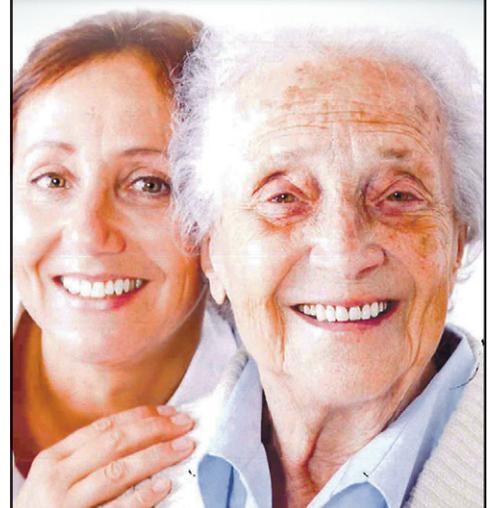


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