

Yoga To Go

that maintains that just by giving yourself some attention you have succeeded."

Pericak got into yoga after the birth of her children. She was looking for a way to get in shape and unwind from spending the day with three children under four years of age.

She started doing aerobics and eventually started teaching aerobics classes.

But it was the stretching and relaxation component of aerobics that she liked best. It prompted her to take yoga workshops and then enrol in a year-long teacher's training program offered by Stillpoint Yoga Centre.

She's never looked back.

"I teach it several times a week now and practice it daily in my home," Pericak said.

"The nice thing about yoga is that even if you are sick or tired you can always do a little yoga to feel better. It is also nice that you don't need any equipment to practise it."

Pericak is planning to charge participants \$7 per yoga class.

She can be reached at 962-6448.



Intelligencer photo by Henry Bur
Kelly Pericak is the creator of Yoga To Go which teaches on-site yoga and other relaxation exercises to various age and community groups.

Intelligencer - Feb. 6/00 p.6