

Spotlight on Janet Chan

Gentle Yoga

Mondays & Thursdays 7pm - 8:15pm

Back for Yoga



Q & A with yoga teacher Janet Chan

As a marathon runner and trainer, Janet knows firsthand how yoga can enhance performance and bring greater mind/body balance

Q: How old were you when you started practicing yoga and why did you start?

A: 55 years young. Yoga was offered at my workplace and it was a way to de-stress from the daily work pressures.

Q: What is your home practice like?

A: Lots of meditation, half sun salutations, hip openers.

Janet's bio

Janet's first yoga practice was at a running retreat overlooking the Pacific Ocean and she was hooked immediately. She realized that when she practiced yoga after her runs, her body recovered faster.

Q: What is your favorite pose and why?

A: Pigeon pose. It releases the tightness in my hip flexors, stretches the low back, and it is just a good pose to sink into.

Q: What is your least favorite pose and why?

A: Warrior III. It requires a lot of balance, which is hard on my left calf due to an old injury.

Q: Which is your favorite yoga quote?

A: "Yoga is the practice of quieting the mind." - Patanjali

"You must unlearn what you have learned." - Yoda

"Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering." - Yoda

Q: What is something you enjoy to do in your spare time that has nothing to do with yoga?

A: Running marathons.

And when she practiced consistently, she was able to run numerous marathons on back-to-back days. In addition to the physical benefits, yoga brought a balance to her life; a balance between the body and mind. After several years of personal practice, and with the encouragement of her instructor, Janet received her 200-hour yoga teacher training certification from Cloud Nine Yoga Studio and Studio in 2009. In 2011, she embarked on her 500-hour advanced yoga training. Janet's classes are a blend of various Hatha styles, proper alignment, and deep breath to deepen the asanas (poses). Janet values taking time to explain the effects of the practice to her students and she believes every body is able to practice yoga.

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