

(The following story was the winner in our “So you think you can write” contest. Ms Ferris wins her choice of a day at the Del Mar Racetrack’s Turf Club or dinner for two at a Del Mar restaurant)

By Jeanne Ferris

Literally steps from the beach, in a busy little shopping center in Solana Beach, you will find the bright bamboo green sign: “Haute Yoga.” Haute, pronounced “ot” (long o) means high in French and is a creative play on the word, hot. Stepping into the Asian fusion foyer, a faint scent of aromatic oil wafts by invoking a tropical feeling as if in Paradise. With a feng shui correct décor, locker rooms with showers and a trendy boutique, this space inspires you to give them all of your precious dollars willingly. If you are looking for a mental respite, emotional balance or decompression from the recession, it is here at Haute Yoga with its eco-friendly practice rooms designed entirely by Dino Flacco (50), a yogi and managing partner of the business with his wife, Olivera Bogdanovich-Flacco (40) also, a Hatha yogini.

Hot yoga is the current trend for inversions (gravity defying poses upside down) and helping with sports injuries, and non-flexibility.

“I found hot yoga the best therapy for my knees af-

ter multiple surgeries,” said Flacco. “The heat in combination with the stretching is the best thing I have found for my knees. The heat warms the muscles and joints faster allowing for a deeper stretch and safer practice with less injury.” The choice of mild, medium or hot climate is what defines this studio as state-of-the-art. Most studios only offer one climate, which can be too intense for both neophyte and adept devotees.

“Beginners will find Yoga 101 accessible for any level of physical fitness and ability and modifications are taught to avoid pain in any areas,” said Beth Kupanoff (48), a Vinyasa yogini, “A second option is our Slow Flow class which is a gentle yoga designed for those who prefer a slightly less challenging class with a slower pace than the rhythm found in our other classes.” Kupanoff’s classes have even had celebrity drop-ins like film actress Queen Latifah and Mike Love of the Beach Boys.

When asked how was it possible to practice yoga without interfering with one’s religious beliefs, Kupanoff answered: “Classical yoga is non-sectarian, therefore it doesn’t define

God or the experience of God – yoga is a philosophy, not a religion. A religion defines God in terms of a specific faith; a philosophy guides one’s lifestyle.

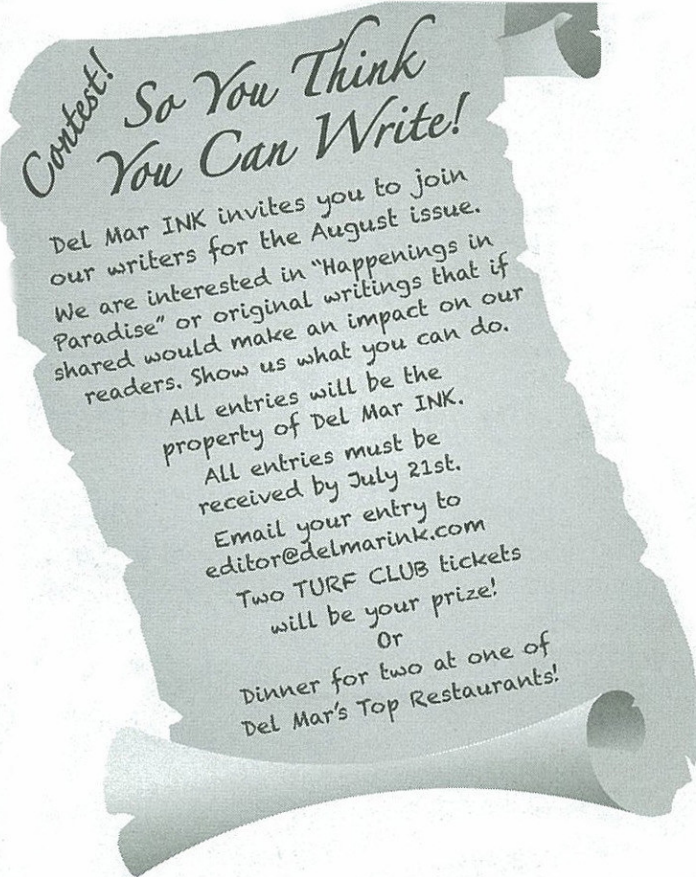
“Patanjali’s Yoga Sutras (profound Hindu works of philosophy), were written between 500 and 200 B.C.,” continued Kupanoff, “it organized the essence of all spiritual practices into a basic plan for living, a guide that complements the goals of any spiritual tradition. These sutras provide lessons on the nature of human condition, human potential and how that potential can be realized. There is nothing in this ancient text that contradicts the precepts of any religion.” An excellent book for inspirational reading and a reference on yoga is by our own Encinitas Yogi master, decedent Paramahansa Yogananda who wrote the worldwide acclaimed memoir, “Autobiography of a Yogi” in print since 1946.

Yoga remains a steadfast leader in fitness trends that are all too fleeting and this is obvious by yoga studios seemingly on every corner. The freedom and ability to take your mat

anywhere and stretch with the intention of balancing mind and body through breath, either in sweet solitude or with a collective can be life changing and is a powerful modality for healing.

Haute Yoga offers an international menu of styles taught by highly proficient yoga teachers. Private classes, one-on-one instruction; either in your home or in the studio are available, and children’s classes in conjunction with adult classes are new additions. The

oldest student, a senior citizen in her 90’s and the youngest registrant being 7 years old, proves that yoga is available for every body. Haute Yoga is offering a special for San Diego County residents only, one-week free for first time yoga students. At the conclusion of every yoga class, the teacher gives a benediction – a Sanskrit salutation, “Namaste.” Translation: “I bow to you.”



Contest! So You Think You Can Write!

Del Mar INK invites you to join our writers for the August issue. We are interested in “Happenings in Paradise” or original writings that if shared would make an impact on our readers. Show us what you can do.

All entries will be the property of Del Mar INK.

All entries must be received by July 21st.

Email your entry to editor@delmarink.com

Two TURF CLUB tickets will be your prize!

Or

Dinner for two at one of Del Mar’s Top Restaurants!