

## **Lululemon Chooses Temple Arts as Studio of the Month** *March 2008 Temple Arts Holds Classes at Lululemon*

Temple Arts does yoga in the mall. What you say, yoga in the mall? Don't wipe off your glasses you are reading this correctly, Temple Arts taught yoga at Lululemon. This March Lululemon, the hip new active wear company in the Adventura Mall, chose Temple Arts as their studio pick of the month. Temple Arts Instructor and Co owner Amanda Clemens-Bernabe taught every Sunday at Lululemon's Adventura location in the month of March. "I had so much fun and met so many nice people," said Amanda, "the Lululemon store was so cool and you can tell the staff is happy working there, it was a pleasure."

Amanda taught a different classes each Sunday, starting with what she calls Yoga Gruv this classes adds a little flavor to yoga with a mix match of music genres and intermediate to advanced practices of yoga asana (postures), "Yoga Gruv is meant to be just fun," Amanda states, "it allows people to let their hair down and not be so serious with their practice, we try new things listen to great music and just laugh at ourselves when we try a very challenging asana or posture." Amanda says she finds that yogis tend to get a little too serious at times about their practice, "while positioning and alignment are important and should not be taken lightly it is also important to enjoy your practice, smile have a good time and laugh it is so healing to the soul."

The next class in her sequence at Lululemon was Dragon's Breath Yoga. Inspired by her love for both Yoga and Martial Arts Amanda developed this program to meld both the external and internal practices together in what she calls the perfect Yin Yang balance. "This class is not for the weak in the knees or the heart," Amanda states, "it is a powerful blend, but where it can take you in strength of body, mind and spirit is incredible." Dragon's Breath uses a combination of movements, breath and energy work from both the Yoga and Martial Arts practices. Amanda uses techniques from Kung Fu in which she holds a Black Belt, Tai Chi, Qigong, Yoga and the positive re-enforcement with subtle affirmations of power, strength, clearness, and calm.

After a second helping of Dragon's Breath, by request of a returning student from the week previous Amanda brought her partner in Yoga and life Jeremy to teach a double instructed class. "This is one of our most popular classes at Temple Arts," Jeremy says, "students receive twice the adjustments and attention." "I think the students also like that they get both of our energies the softer female and stronger male," pips in Amanda.

As the last class finished on that final Sunday in March onlookers smiled as they peeped a look through Lululemon's windows, still fascinated with the idea of someone plopping a mat down in a popular apparel store in the mall to bend and twist into pretzel like postures. Proving that yoga folks are not only flexible in body but in where their practice will literally take them. Classes in the mall, what next classes in the subway? Wait that's right they already have that in Tokyo!

For more Information on these classes or more at Temple Arts contact:

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