



District 72 Yoga Connects Mind, Body And Spirit

By: Karen Carpenter

At District 72 Yoga Studio the emphasis is on putting balance back into ones life. Finding the union between mind, body and spirit for total health is the goal.

Yoga incorporates a group of physical, mental, and spiritual practices or disciplines which originated in ancient India as a system of exercise.

Amy Reep opened her studio in January in the location on Highway 108, just east of Lawndale. The building was home to District 72 country school before area schools consolidated in the 1950s.

Reep will hold an open house later this spring when a few more remodeling projects are complete.

Amy and her husband, Richard, have put many improvements into the building already. Surrounded by the quiet of the prairie, it is a great atmosphere for yoga.

The couple has three sons, Ricky, 21, Jack, 15 and Max, 13 and are both Barnesville natives.

Classes are held three days a week, on Monday and Wednesday rotating between 4:00 and 6:30 p.m. and Friday at 10:00 a.m. The studio can hold a dozen students at a time.

Reep strives to be flexible with her classes. Groups include friends or coworkers. "Some people like to come with friends," said Reep.

The groups are small enough that everyone will form friendships while moving through the yoga poses.

Mothers and their children can attend the classes together. "Yoga can be very calming for children," said Reep. "The classes can show them how to find balance and calm in their lives."

Reep has been a Registered Nurse for 17 years, 12 as director of nursing at a long care facility. Reep now works two days a week at Prairie St. John's in Fargo as a psychiatric nurse.

She took her training for yoga at Devanadi School of Yoga and Wellness in Minneapolis, MN.

Reep has had 200 hours of registered yoga training. When she reaches 500 hours she will be certified to teach others to train in the art.

Along with yoga, Reep is also taking training in other forms of meditation and martial arts.

She is finishing her certification to be a Reiki Master. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

Reiki is based on the idea that an unseen life force energy flows through each person. If one's life force energy is low, then one may be more likely to get sick or feel stress, and if it is high, more capable of



The District 72 brick school house is a familiar sight to motorists traveling Highway 108 east of Lawndale. The historic structure has done its duty as a school house, town hall and now a yoga studio.

being happy and healthy.

Another holistic therapy study that Reep is pursuing a certificate in is Ayurveda. As a leader Reep will offer gentle guidance incorporating restorative practices of Ayurveda into everyday life.

Reep encourages her yoga students to eat more fresh food and to stay hydrated.

Other forms of training and medication that Reep hopes to incorporate into her classes are Kundalini, Vinyasa and Hatha yoga.

These are different yoga disciplines that utilize various postures and breathing techniques.

All of the yoga disciplines offer a range of health benefits to those who practice them and encompass all areas of mind, body and spirit.

Yoga is a form of exercise that comes in many forms. People often think that they just do a few random poses and stretches and they get both physical and mental benefits from it.

These benefits do come from yoga but there are actually quite a few common types of yoga that people can choose from. Each type focuses on different benefits.

Some yoga disciplines go at a slower pace than others, while some are done purely for mental benefits. No matter what one is looking for in an exercise routine, yoga likely will be able to provide it.

"I have a lot more energy," said

ultimate goal is to bring back harmony to body and mind to let it heal."

Reep hopes in the future to offer a line of organic essential oils, natural deodorants and lotions.

Essential oils are used to ease headache pain, stimulate appetite,

lubricate joints to relieve arthritis symptoms or relieve cold symptoms.

Amy Reep offers restorative yoga, a union of mind and body, to the community. Helping people become healthy and happy through natural methods, when possible, is her goal.



Yoga instructor Amy Reep, upper right, leads students in a calming meditation at the end of their exercise session. Students, left to right, Nicole Swenson, Karie Dent and Kylah Frosie along with Ruth Thomas, upper left, choose yoga as a way to get and stay healthy.



Yoga instructor Amy Reep, standing at the right, helps students get into the proper pose at her District 72 Yoga Studio. Students, left to right, Kylah Frosie, Karie Dent and Nicole Swenson take the Friday morning class before heading out to their respective jobs.

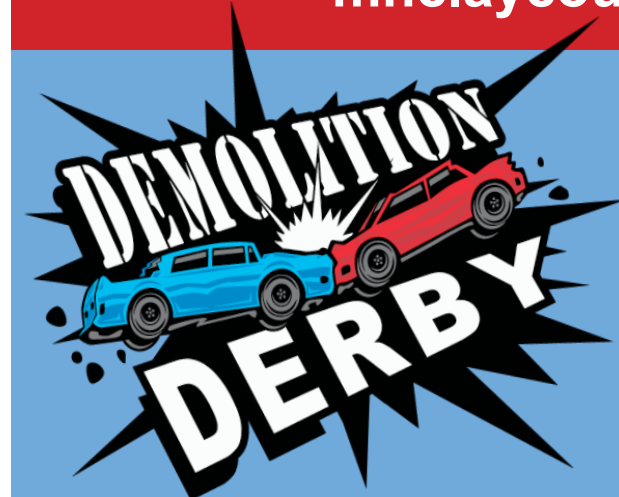


Amy (Peppel) Reep and husband, Richard, remodeled this building near Lawndale. These stairs lead to a loft which serves as an office for Amy. Her yoga studio is located on the main level. The building housed District 72 Country School seven decades ago. People of all ages can get healthy exercising at District 72 Yoga Studio.



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