



TRINITY'S YOGA INSTRUCTOR,  
MARK BODNAR

# TRINITY'S BEST KEPT WELLNESS SECRET

On Tuesdays at 8:30am outside B-104/106, you'll often hear the rhythmic sounds of deep breathing, the lilt of sonorous instruction, and the gentle squelch of feet and hands on yoga mats. What you might not expect to hear? Laughter.

Trinity's yoga instructor, Mark Bodnar, has a wicked sense of humor and encourages his students not to take themselves too seriously. "Your practice should be something that you look forward to, not something just to get over with. Proper form and technique are essential," he says, "but so are enjoyment and a spirit of fun." Judging by the smiles on their faces and their repeat attendance, his students have gotten the message.

Why else do they keep coming back? "Yoga has restored mobility I thought I'd never regain after years

of repetitive stress injury from deskwork," says regular attendee Robert Chandlee. Peggy Shepard notes that she is "so much more flexible now," and that yoga "helps with injury protection." Susan Heberton loves that Mark tailors each workout to the needs of the students present. Tweaked your back this weekend doing yard work? On a physical therapy regimen for a problematic knee or carpal tunnel syndrome? Pregnant but still want to exercise? Mark's got you covered.

Mark's approach to teaching yoga is not just about having fun and working out. Trinity members will also appreciate the mental challenge of simultaneously holding several different body parts in particular ways to achieve the full benefits of a pose. Watching yourself increase in flexibility, strength, and balance brings a satisfying sense of accomplishment,

while growing your relationships with fellow classmates enriches your experience of the Trinity community.

And, perhaps most importantly for a church, yoga is also a way to connect to God. Each practice begins and ends with a period of relaxation and meditation, and an invitation to express gratitude for what's good in your life. Students and instructor finish class with the word "Namaste," derived from the Sanskrit for "I bow to the Divine in you."

Come exercise your mind, body, and spirit through Iyengar yoga at Trinity. Never tried yoga before, or haven't practiced in a while? Not a problem. All you need is a yoga mat, a wool blanket, and yourself. Beginners, experienced yogis, non-Trinity members, and members of all ages are welcome!

**IYENGAR YOGA, 8:30AM-10AM, TUESDAYS IN B104-106.  
COST IS \$10 PER CLASS, PAYABLE BY CASH OR CHECK MADE OUT TO TRINITY.**