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Yoga studio plans benefit class for Hope for the Warriors

By Heather M. Owens, Carolina Living editor

One local yoga studio has a heart for veterans.

Yoga for You, located at 2900 Arendell St. in Morehead City, N.C., has been providing four free yoga sessions for service members, veterans and their family members.

Studio proprietor Linda McGregor and yoga instructor Cheryl LeClair have decided to hold a meditation class to raise money for Hope for the Warriors, a non-profit organizations which assists wounded warriors, their families and the families of the fallen.

LeClair, who is trained in a meditation technique known as Integrative Restoration, or iRest, will teach the class.

"It's not a really out there thing, it's just a very simple, guided meditation," said LeClair. "It requires absolutely no yoga skills. All you have to do is lie on a mat and be comfortable for 45 minutes or an hour."

Some participants become so relaxed during the session they fall asleep, and LeClair said that is okay.

"iRest is a deep relaxation. Everybody comes out and says they enjoyed it immensely," she said. "I haven't had anyone not enjoy it yet."

LeClair said it was her husband who asked that the money from the benefit be donated to wounded warriors, as he knows what they go through.

McGregor and LeClair said the class is open to all interested parties and is free. Attendees are asked to provide a donation to Hope for the Warriors.

Most people will enjoy the relaxation techniques, said McGregor. Yet wounded warriors, veterans and others who have be through traumatic experiences may receive the most benefit.

"It encourages you to take a step back from the events you experienced, and lets you know everything will be okay," said LeClair.

She said meditation and yoga techniques may allow people with injuries, pain and Post Traumatic Stress Disorder to function better with less medication.

"I think it is wonderful there are complimentary treatments available," said LeClair.

Military members, veterans and their families are invited to come into the studio anytime to request four, free yoga sessions, said McGregor.

She offers the classes as a way to reduce stress and build stamina and coping skills.

"A young Marine came in the store today and told me he needed to take yoga. He said he can't get his black belt in marital arts because he is not flexible enough," she said. "When he asked the other guys how they got flexible, they told him they all took yoga for three months. Problem solved."

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Photo by Heather M. Owens Cheryl LeClair, a yoga instructor at the Yoga for You studio, has been trained in a special meditation technique called Integrative Restoration, or iRest. LeClair, whose husband is a retired Marine who was injured in Iraq, is scheduled to teach an iRest session, June 13, from noon to 1:30 p.m. The session will benefit Hope for the Warriors. It is set to take place at the Yoga for You studio at 2900 Arendell St. in Morehead City, N.C. For more information, call 252-247-9642 or visit the studio's Web page at YogaForYouandMe. com.