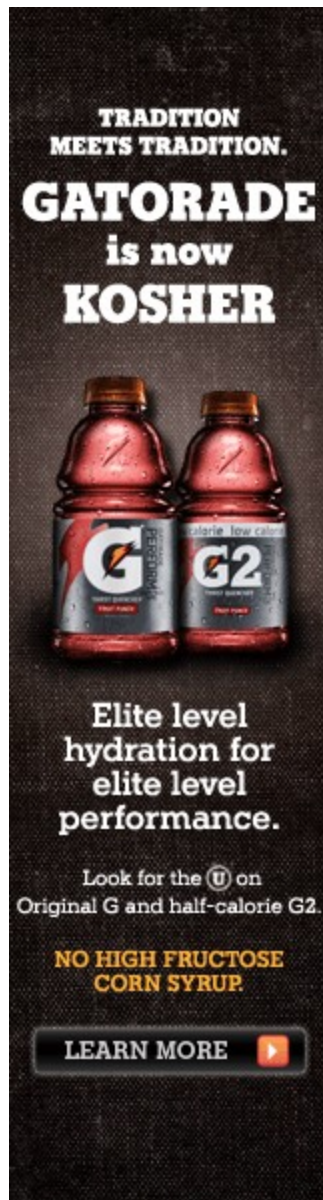




A Peaceful Presence After The Storm



Local News

By 5TJT Staff

on Thursday, March 18, 2010

On Sunday, March 14 at the Peaceful Presence Yoga Studio of Cedarhurst, free yoga classes and massages were given. After our own unique weekend weather, nine skilled staff members served around 25 community participants who were able to take advantage of the relaxing and restorative effects of the yoga and massage therapy. Participants and staff donated \$152 to the earthquake victims of Haiti. The checks were sent to the American Jewish Joint Distribution Committee (JDC) for their Haiti Earthquake Disaster Response.

Andrew Kahn, owner of the studio notes, "We were happy to facilitate this service for our lovely Five Towns community and to see everyone there enjoying a good feeling about helping out the people of Haiti. Our devoted yoga teachers volunteered their time and creativity to lead different specialty classes and our valuable massage therapists were able to bring relief to aching muscles."

It was also great to share a feeling of community harmony. Andrew Kahn and the devoted staff of Peaceful Presence Yoga Studio aim to promote community harmony. He notes, "We encourage all people to care about the health of their own body. This is a means to an end: It renders one better able to take care of one's family and serve at work and in the community. Of course it ought not end there. We never want to forget that we are a part of G-d's larger human family, and that we should help our 'neighbors' (even distant ones) whenever we can. I am reminded of some of the words of Hillel, 'If I am not for myself, who will be for me? If I am only for myself, what am I?' Having a place where we can all practice something so healthy together regardless of our level of observance, affiliations, or even religion is truly a blessing. It brings the sense of connectedness where many people report feeling a sense of separation from others who are somewhat different."

For the yoga enthusiasts in Cedarhurst, after trying out some new classes, Peaceful Presence plans to soon (right after the Passover holiday) add a hot yoga class for women (heated yoga) on Sundays and a prenatal yoga class on Wednesday mornings. Future plans involve eventually having a yoga class in Spanish offered for our female Spanish speaking community members and a yoga class for post high school young women.

The popularity of yoga is evident in the media today. The studio in Cedarhurst is honored to be able to make yoga available, meeting the unique needs and addressing the sensibilities of the Five Towns communities. They are always open to suggestions for new classes and ways they can better be of service to the community.