

Specialized yoga classes come to 5T's

By **JESSE SHERER AND ANDREW COEN**

Yoga, the 5000-year-old tradition of building inner peace and strength, has now reached the Five Towns--with a specialized twist.

People who want to live healthier and become more spiritually attuned, are finding it easier now, thanks to Andrew Kahn who conducts classes at Alex Sternberg's Shotokan Karate on 398 Central Avenue in Lawrence teaches yoga that focuses on classes for children, beginner men, overweight men and women, and seniors. Kahn, who has practiced yoga since 1981 also holds separate classes for men and women to accommodate the high Orthodox population in the area as a way of making them feel more comfortable.

"I encourage each student to go at their own pace and to approach their own practice with a combination of discipline and compassion," said Kahn.

Born and raised in New Jersey, Kahn rolled up his yoga mat and moved to the Five Towns to be closer to his fiancé Lori Cohen and thinks that the South Shore is a conducive place to teach this form of yoga.

Kahn first learned yoga from his mother who taught him the basic positions and spent four years living and studying at Kripalu Center for Yoga & Health in Massachusetts where he was certified by it as a professional-level yoga instructor and a yoga teacher mentor. Kahn is also registered with the Yoga Alliance.

Kahn says everyone can do yoga. "Who

can do yoga?" asked Kahn. "Yoga is for anyone willing to work with their body. Yoga is about learning to be comfortable with your body and improving it."

Kahn has been involved in yoga and holistic healing for 15 years and is primarily focused on using yoga to help over-eaters build a healthier lifestyle.

"People who over-eat often do so to numb anxiety or emotional discomfort," said Kahn. "Yoga goes right to the core and

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relieves physical tension and helps them become more comfortable. A lot of overweight people or those with addictions, often turn to these substances because they fill a void. Only by going right to the source and making strong connections is the void actually filled."

Kahn offers specialized classes and private lessons and holds sessions geared toward beginners and individuals over 55.

Yoga, according to Kahn, is a wonderful way to improve one's body by helping relieve insomnia and stress, as well as improves circulation and concentration. "Physically the practice of yoga creates an overall sense of mental, physical and spiritual well being," said Kahn.

Kahn is also available for private lessons and has produced a 15 minute yoga DVD/VHS entitled, "Yoga For The Prime Of Your Life." For further information call (516) 371-3715, or e-mail AndrewKahn@earthlink.net