

Meet Glenda Rodriguez...

Please tell us about introducing yoga to children and your work with children with special needs.

Kids naturally gravitate to the playfulness that trying out yoga poses engenders. If yoga is something a parent already enjoys, I recommend the best way of introducing it to your child is by sharing your own personal practice. Leave the door open and let your child come to you! Finding a class or workshop to give you a framework to build from can also be really helpful. The group energy and camaraderie of a class can really add a whole different level of enjoyment to your child's experience.

My parent and child classes tend to focus on special needs, be it anxiety, restlessness, autism spectrum disorders... the intent is to provide an environment where everyone feels welcome and accepted. These classes in particular touch my heart, because very often they provide an opportunity for parents to connect with their child who may not "fit in" or enjoy a typical class. The supportive environment allows parents to relax and to receive the much needed benefits of yoga too. It also gives families an opportunity to meet and share their own experiences and learn from one another.

Where do you find your "calm sanctuary"?

Yoga has long been my personal refuge, ever since I walked into a community class in a school library over thirteen years ago I have been hooked. Stepping into the flow of a practice, everything else just falls away... that one point of focus is a tremendous opportunity to realign with my own sense of self, which often gets lost in the mayhem of life.

What's on your playlist?

Parijat, MC Yogi, Deuter, Muse.... the list goes on and on! I recently downloaded Lucien's Purpose and Peace album and I am really looking forward to sharing it in my gentle and corporate classes this month.