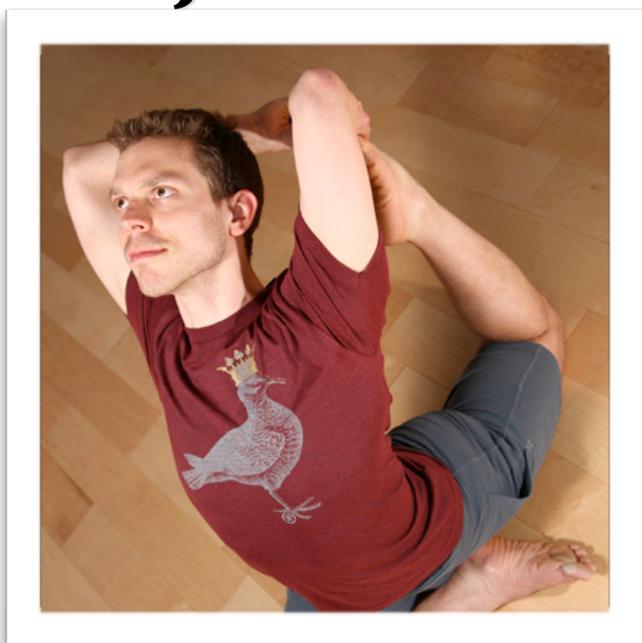


Featured Teacher: Arjuna Rice

September 2012



How did you find yoga? *Madonna! She opened her concert in 2004 with a headstand and full wheel (during Vogue - strike a pose!). The camera zoomed in on her as she lifted her legs into headstand, and her core didn't even quiver; I just thought "Wow! I want to be able to do that!"*

3 Things my students may not know about me:

I'm pretty talkative, so I think this is stuff most of my students already do know about me, but if you haven't been to class, or only once or twice:

- 1. I sing with the Gay Men's Chorus of Los Angeles*
- 2. I'm obsessed with technology (I worked at Apple for 6 years)*
- 3. Yes, my given name is Arjuna. My mom was Hare Krishna for a while, and is still a hippie astrologer. My childhood was more normal than it might sound.*

My favorite movie is... *I've got two: Harold and Maude, and The Sound of Music.*

Yoga has really helped me: *Learn to be more kind to myself*

What's the last song/album you purchased?
Fiona Apple, "The Idler Wheel..."

In my opinion, the greatest misconception about yoga: *Within the yoga community, there's still a pervasive idea that the pose matters. It doesn't. Each pose helps you achieve a feeling, but that feeling can be approached in any number of ways, and no single pose holds the key to anything. Outside the yoga community, the thing I still hear the most often is, "Oh, I'm not flexible enough to do yoga..."*

My favorite thing about yoga is... *Hmm... it's those few moments I can find (usually in savasana or meditation), where there is peace - they're rare, but blissful. I know I still have concerns and decisions that need to be made, but I also know that none of that need matter in that specific moment. The decisions will have their time.*

My favorite quote of all time is: *I don't know about all time, that's a lot of pressure, but my favorite quote I've come across recently is from Steinbeck: "Try to understand men. If you understand each other you will be kind to each other. Knowing a man well never leads to hate, and nearly always leads to love."*

If I had to eat only one thing for the rest of my life: *Well, I've actually taught two food-themed classes before, but what I essentially live on is peanut butter. And I do hope mine was the first peanut butter themed yoga class anywhere... (the other food class was strawberry donuts).*

What are your hobbies? *Singing, traveling, going to theater, traveling to go to theater, playing boggle. Hiking, running, bungee jumping... I could go on.*

When I was little, I thought I would grow up to be: *A banker. I sort of idolized Scrooge McDuck. DuckTales was a great show! Scrooge was like Indiana Jones, only a banker, and looking for money... But as late as junior year of high school, I genuinely thought I'd be majoring in business. Heh, I guess that's one more thing my students probably didn't know about me.*

What inspires you? *Passion. People pursuing what they love, for no other reason than they love it. Many people seem to think they need to find a better reason to do something, something that has "meaning" for the world, but the world appreciates your passion.*

FREE CLASS COUPON with Featured Teacher: Arjuna Rice

[Read the full interview with Arjuna here.](#)
Get to know the teachers at Yoga Blend, and enjoy a free class!

Arjuna's Scheduled Class:
Wed 8:15pm-9:45pm: Intermediate



OFFER DETAILS: Valid for use once per student, on any one class offered by Featured Teacher, if you have not taken his class in the last 6 months. Coupon valid until Sep 30, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.

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