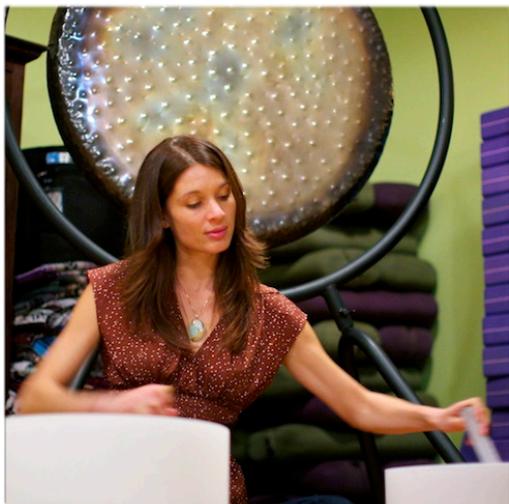


Featured Teacher: Jamie Bechtold



When I'm not doing yoga, I can be found... *playing gongs!*

Do you have any pets? *A dog and a cat.*

Tell us 3 things your students may not know about you:

1. *I used to work as a Biologist*
2. *A yoga retreat to Brazil started me on the path to everything I do now.*
3. *The beach and the desert are my happy places.*

In my opinion, the greatest misconception(s) about yoga is/are:

... that yoga is just the physical practice. Many people cut themselves off from the joy of yoga thinking it is only about asana and they have to be flexible, or in shape to do it.

I believe there is something in yoga for everyone even if the physical practice is not available to them. It is so much more than that - it's sound, breath, meditation, and more.

Favorite tunes to practice to:

Desert Dwellers, Shaman's Dream, Glen Velez

How did you find yoga?

My friend, Chana, brought me to a Kundalini/Vinyasa class in 2000, and so began my love of yoga and gongs! I was immediately hooked.

My favorite thing about yoga is... how good I feel after class - no matter how I felt before class I always feel more happy, energized, and centered than I did before, whether I took a class or taught it.

Yoga has really helped me... with grounding, building strength and flexibility, calm my mind, heal an old back injury, be more joyful and happy... the list goes on and on!

Do you have a favorite recipe to share?

Yes! Kale salad!

Heat up 7 T olive oil and 3T toasted sesame oil. Add 1 cup raw sunflower seeds and roast till brown. Pour on one large bunch of washed and torn up curly kale and enjoy! I have been eating this at least twice a week for nearly 2 years. It's so tasty!

If I could pick a super power, it would be... to fly! I used to "practice" when I was a kid by jumping off my grandparents' picnic table. I firmly believed that one of those times I would actually fly!



FREE CLASS COUPON
with Featured Teacher: **Jamie Bechtold**

Get to know the teachers at Yoga Blend, and enjoy a free class!

Jamie's Scheduled Classes:
Thu 3.30pm-5pm: Yoga & Sound
Sun 3pm-4.30pm: Basics Plus

OFFER DETAILS: Valid for use once per student, on any one class offered by Featured Teacher, only if you have not taken her class before. Coupon expires March 31, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.



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