

Featured Teacher: Rose Moran

September 2012



How did you find yoga? *I was unhappy, unhealthy and lonely when I found yoga. And I say with a large smile that it has filled me up and made me whole. It started for me as just a physical practice to ease my aching joints and then became so much more.*

When I'm not doing yoga, I can be found... *In Sherman Oaks walking my dogs Matilda (poodle) Sunshine (Viszla). They are a pretty pair.*

My favorite person is... *My husband Richard. I met him when I was 16, and he is my best friend. We used to laugh about what it would be like at 40-something, when our kids would have left home. Now we are 40-something and have our grandchild for sleepovers!*

Do you have any nicknames? *My nickname is Roadie, my youngest brother could not pronounce Roselea so he called me Roadie, I used to hate being called Rose, I thought it was an old ladies name.*

If I could pick a super power, it would be... *All superpowers are dangerous and come with consequences, I've learned that from years of TV.*

If I had to eat only 1 thing for the rest of my life, it would be... *Fresh baked doughnuts ('donuts'), I hardly ever have them, but if I could have them with no strings attached I would eat them every day.*

My greatest life-changing experience so far is.... *Having two glorious grandchildren Manny (3 yrs) and Leah (1yr).*

What are your hobbies? *I have vegetable garden which I am going to expand this year, I just got a compost bin, I am going to have a beautiful bountiful garden next season.*

When I was little, I... *used to tell my Mum that I was going to live overseas, I imagined I would live in Switzerland.*

I really like: *Vinyasa Flow.* **I really don't like...** *freeway parking lots.*

My favorite thing about yoga is... *I have always felt that I walk into class in disjointed pieces and I walk out whole, connected and calm.*

My favorite quote of all time is: *"Don't let anyone take your peace". This has helped me time and time again. I'm not sure exactly who said it, someone who was imprisoned I think, maybe you know.*

My absolute favorite things to do is... *be on a beach which has lots of shells, stones and sea glass and try to find the most beautiful one, I have done this my whole life and still do it, it drives my husband Richard crazy, he doesn't understand how I can spend so much time looking at sand.*

Who inspires you? *Christy Marsden, Thich Nhat Hanh, Mother Teresa and all the contestants on extreme weight loss TV shows.*

What inspires you? *Some people have extreme challenges in their lives and they manage to follow a path of health & joy. I hope I could be so courageous.*

What is the most definitive feature of your classes? *The classes I teach are all very different from each other, but I try to connect the practice to the physical body. I am very interested in body mechanics and anatomy. I believe that when you understand the body better, you can use it more effectively to achieve what you want from all areas of your practice. The body is an amazing instrument: it's all connected and it can all sing for you.*

Yoga has really helped me... *be more content with my life just as it is. I used to always look for the next thing, live for the future, but my yoga practice has helped me be clearer about what it is that I want, and it's not out there: it is always inside.*

FREE CLASS COUPON with Featured Teacher: Rose Moran

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

Rose's Scheduled Classes:
Mon 5:15pm-6:15pm: Core Yoga
Tue 11:15am-12:30pm: Gentle/Stretch
Wed 5:15pm-6:15pm: Vinyasa All Levels (NEW!)
Thu 11:15am-12:30pm: Gentle/Stretch
Fri 5:15pm-6:15pm: Yoga Ball Therapy (NEW!)



OFFER DETAILS: Valid for use once per student, on any one class offered by Featured Teacher, if you have not taken her 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.



1921 W Magnolia Blvd
Burbank, CA 91506
818-954-YOGA (9642)
www.yogablend.com

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