



NEWS ABOUT KENTUCKY'S PEOPLE AND PLACES

# COMMUNITIES

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★ SECTION E

## AROUND THE REGION

LEXINGTON

### Spanish class for preschoolers

The Carnegie Center for Literacy and Learning, 251 West Second Street, on Saturday begins five Early Learner Spanish Club sessions for ages 3-5.

Classes, which are held 10:30-11:30 a.m., continue on Feb. 10, Feb. 24, March 10 and March 24. Children and their parents or guardians will sing, read and play games as they learn Spanish vocabulary dealing with each week's themes. Participants may sign up for one class or all five.

The classes are free, but pre-registration is required. Call (859) 254-4175.

### H'Artful of Fun returns with food and art

The annual H'Artful of Fun will be Feb. 9 at the Radisson Plaza in downtown Lexington.

The event will feature more than 40 original desserts created and served by area chefs, and live and silent auctions of many items, including original fine art from more than 75 artists.

Tickets are \$50 in advance and may be purchased at Joseph-Beth Booksellers, Farmers Bank & Trust or Republic Bank, or by calling the Living Arts and Science Center, (859) 252-5222 or (859) 255-2284. Tickets purchased at the door will be \$60.

Proceeds benefit exhibits, classes, workshops and community events presented by the center, a non-profit organization.

More Fayette County news, E5

WINCHESTER

### Stop-smoking program begins Tuesday

The Clark County Health Department is offering free Cooper Clayton Method to Stop Smoking classes, noon-1 p.m. Tuesday. The 12-week program addresses all aspects of smoking and provides participants with a long-term support group.

To register, call Amy LaCount at (859) 744-4482, Ext. 103.

More Clark County news, Page E3

RICHMOND

### Lessons to avoid identity theft offered

The Madison County Extension Center will present "Identity Theft ... An Ugly Face on Your Good Name" at 1 p.m. and 6:30 p.m. Tuesday at the center, 230 Duncannon Lane, Richmond. The program will focus on how identity theft can occur, the possible consequences, and what can be done to prevent or fix it. Call (859) 623-4072 to register.

More Madison County news, Page E3

VERSAILLES

### Candy maker depicted in library program

The Kentucky Chautauqua performance of Kelly Bregelman as Ruth Hanley Booe will be presented at 6:30 p.m. Jan. 25 at the Woodford County Library, 115 North Main Street.

Dissatisfied with their jobs as substitute teachers, Ruth Hanley Booe and Rebecca Gooch decided to go into the candy business, and Rebecca Ruth Candies was born.

Learn how Booe and her famous bourbon ball found fame and success in spite of the Great Depression and World War II.

The program is free and is sponsored in part by the Kentucky Humanities Council. Call (859) 873-5191.

More Woodford County news, Page E3

## STRIKING HEALTHY POSES



PHOTOS BY PABLO ALCALÁ | STAFF

Teresa Thompson led a chair yoga class at Latitude Artist Community in December. She has adapted many moves of Hatha Yoga for those with limited mobility.

# Yoga without the mat

## 'Chair yoga' allows more to reap exercise's benefits

By Jillian Ogawa

HERALD-LEADER STAFF WRITER

The tiger, fish, dog, and bird — you'd think it would be impossible to keep these animals in a chair. But Teresa Thompson manages every week.

The animals are actually names of yoga poses that have been modified so that they can be done in a chair instead of on a mat. Dubbed "chair yoga," the exercises cater to people who have limited range of motion, such as those who are pregnant or in wheelchairs.

### For info

Contact Teresa Thompson at Barefoot Works Yoga Studio at (859) 433-7787 or at Latitude Artist Community, (859) 806-0195.

Chair yoga poses draw from Hatha Yoga postures, a common form of yoga. Thompson modified common mat poses, such as "up dog" and "down dog" postures, for a chair. Soft music is played while participants stretch in a dimly lit room. Thompson encourages participants to sit tall and concentrate on their breathing. Every so often Thompson and participants say "namaste," a Hindi word that means "I honor the divine in you," Thompson explained.

"Not everybody has to be an athlete" to experience the benefits of yoga, she said. Thompson took her first yoga class when she was experiencing menopause. The regular practice



Emily Johnson, left, and Meg Pike assumed a yoga pose at Latitude under Thompson's direction.

Below: Thompson helped Beverly Baker with a posture. Thompson has been teaching chair yoga at Latitude for four years, and at the Lexington Senior Center since the fall.



eased discomfort from old injuries and arthritis.

"Yoga is a life-altering experience," Thompson said.

She wanted to pass that to a broad range of people, including those who may have suffered injuries, have weight issues, or have limited range of motion due to age, Thompson said. While she works toward Yoga Alliance national certification through the Cincinnati Yoga School, she has been teaching chair yoga at Latitude Artist Community for four years and at the Lexington Senior Center since last fall.

Sometimes performing yoga on a mat could be dangerous for people if their muscles are not developed, Thompson said. In the case of Melissa

Amaral, 37, mat yoga would be impossible because she uses a walker. However, chair yoga at Latitude has helped her become flexible and more coordinated. When she walks, she noticed she doesn't look "so shaky or jolty," she said. She used to lean a lot to her left side, but doesn't do that anymore.

"It helps me relax," she said. "It gets stress away. It helps my body and mind."

More than physical benefits, Thompson emphasizes nurturing the spirit. That's why she encourages participants to say "namaste."

"It's a very powerful word and I believe they sense it," Thompson said. "They know there is a spiritual love inside the word. ... it helps them feel comfort and love."

## A LITTLE TEDDY BEAR CARE

After she volunteered during the summer of 2003 at St. Joseph's Hospital, Caroline Dowell felt there was something else she could do to help patients.

The 18-year-old senior at Sayre School has collected teddy bears for patients at University of Kentucky Children's Hospital for the past three years.

Each December, she asks for donations in her neighborhood, at Sayre, as well as at her church, Southside Church of Christ.

After Christmas, she delivers the bears

to the hospital, where they are then distributed to the kids.

In the three years she has collected bears, more than 300 teddy bears have been donated to patients.

Dowell is an honor student who participates in varsity cheerleading and tennis at Sayre. She is also president of the pep club and enjoys painting in her free time. She will attend Furman University in Greenville, South Carolina this fall.

LAUREL WILSON



Caroline Dowell posed Friday with 95 of the bears she has collected for patients at UK Children's Hospital. In the last three years she's collected and donated more than 300.

MATT GOINS

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## INDEX

Bourbon County . . . . . E2  
Clark County . . . . . E3  
Comics . . . . . E8-9  
Crossword . . . . . E9  
Dear Abby . . . . . E9  
Fayette County . . . . . E5  
Franklin County . . . . . E3  
Horoscope . . . . . E8  
Jessamine County . . . . . E3  
Madison County . . . . . E3  
Woodford County . . . . . E3

