

# Bend me, shape me

## Lakewood resident offers yoga without sticker shock

By **ALLEN HOUSTON**  
*Neighbors Editor*

Relaxing the mind and rejuvenating the body are the twin goals of yoga, but as anyone who has taken ritzy studio classes can tell you, achieving that inner peace doesn't come cheap.

Luckily, for those who can't afford studio classes, or are yoga novices, there is Dirt Cheap Yoga at the Samuel Grand Recreation Center. The ongoing classes serve up \$8 walk-in classes and inexpensive multi-class packages such as eight classes for \$50.

"We're not elitist," said Gina Fore, founder of Dirt Cheap Yoga. "We bring yoga to the everyman level. Our concept is that yoga is for everyone."

The White Rock Lake resident started the recreation center classes after talking with students who wanted to take yoga but scoffed at high-priced YMCA and studio classes.

"It was a barrier that kept people from delving into yoga," she said. "They wanted to learn more about it, but the expense was keeping them away."

Christina Wester, lead yoga in-

structor for Dirt Cheap Yoga at Samuel Grand and Lakewood resident, earned her instructor certificate from a studio in Rhode Island.

The former dance minor at Emory University in Atlanta started taking yoga classes after the birth of her son Houston.

"Yoga is relaxing and helps with stress reduction," Wester said.

Wester, who also teaches yoga at the Park Cities and Lake Highlands YMCAs, believes that the classes are a good jumping-off point for beginners and those wanting to get back into yoga.

She teaches power, youth and restorative types of yoga that are tailored towards the level of the students in each class. According to her, the classes provide a great work out and help strengthen the immune system while the meditation during exercises helps with concentration.

"This is a good thing to have in the community," she said. "It gives those people who can't afford the Y or a studio a place to learn. And the less money you have the more stressed out you tend to be."

■ For more information, visit [www.dirtcheapyoga.com](http://www.dirtcheapyoga.com).



**INNER PEACE THAT DOESN'T PINCH YOUR POCKETBOOK:** The instructors of Dirt Cheap Yoga at Samuel Grand Recreation Center offer all levels yoga classes.



SUBMITTED PHOTOS

**POWERFUL WOMAN:** Above, Gina Fore, founder of Dirt Cheap Yoga, performs an advanced Yoga position.

**OUTER STRENGTH, INNER PEACE:** Left, Jason Jacobs, a Dirt Cheap Yoga instructor, shows a very advanced Yoga move.

