



NEIGHBORS

GET UP AND GO!

CHESTERTON

Summer history camp: The Westchester Township History Museum will sponsor its fourth annual summer history camp "ArKIDtecture: Old Buildings, New Adventures" from 9:30 a.m. to 12:30 p.m. Tuesday through Friday, July 16, at 700 W. Porter Ave. The free program is for Duneland School Corp. students entering fourth and fifth grades; registration is required. Call 983-9715 for more information.

VALPARAISO

Adult computer classes offered: Adult computer classes using Office 2003 software will run from 9 a.m. to noon three days next week at St. Paul Catholic School, 1755 W. Harrison Blvd. Introduction to MS Word will be on Monday, Introduction to Intermediate Word on Wednesday, and Introduction to Excel on Thursday. The fee for each class is \$30 per person. To register, call Peggy McGuckin at 465-1163 or e-mail pmcguckin@stpaulvalpo.org.

VALPARAISO

RailCats tickets available: The Valparaiso Parks and Recreation Department is offering RailCats game tickets for Harry Danning Day on Sunday, Aug. 22. The game will begin at 2 p.m. at U.S. Steel Yard in Gary. Tickets are \$7 per person; \$1 of every ticket goes toward the department's fund for youth programs. Tickets are available between 8 a.m. and 5 p.m. Mondays through Fridays at 3210 N. Campbell St. For more information, call 462-5144.

CHESTERTON

Nature camps: Indiana Dunes State Park and Friends of Indiana Dunes are offering three-day nature camps for students, ages 9 through 14. The 21st Century Nature Camp is Tuesday through Thursday, July 15, and the Dunes Explorer Nature Camp is Aug. 3-5. Each camp is \$89 and includes food, activities, supplies and overnight camping. Registration is required by calling 926-1390.

IN NEIGHBORS COMMUNITIES



Position practice: Yoga master Sri H.S. Arun demonstrates a yoga position during a class at the Asana Yoga Center in Valparaiso. "As a teacher, all you need are good practitioners and we do have good practitioners here," he said. — MICHAEL MCARDLE/POST-TRIBUNE

Reaching the next level

Renowned yoga master finds receptive students in Valpo

BY AMY LAVALLEY
Post-Tribune correspondent

Elizabeth Higdon has been doing yoga for more than a year now. When renowned Indian yoga instructor Sri H.S. Arun came to Asana Yoga Center in Valparaiso for six classes, Higdon, a Valparaiso resident, signed up for all of them. She's even thought of going to India to study with him.

"This is just an amazing opportunity to have him here," she said after one of his classes at Asana, adding that Arun focuses on the spiritual side of yoga as well as its physical aspects. "There's this understanding of why I'm doing what I do, for personal practice."

About 170 students signed up for the sessions with Arun, who visited the Valparaiso center for one class last year but decided to clear his schedule to come here for three days in mid-June.

Arun said he found a good group



of students at Asana, students who were receptive to the more intense Iyengar yoga that he teaches.

"As a teacher, all you need are good practitioners and we do have good practitioners here. They are open-minded to receive" the lessons he had to offer, Arun said.

He returned to Valparaiso for a more extended visit to share Iyen-

gar yoga with more people. This may not be the last time yoga enthusiasts here see him, either; he said that, given an invitation, he would come back.

Carrie Durnell has been doing yoga for about five years, but the Valparaiso mom admitted she felt some trepidation about coming to one of Arun's classes.

Sri H.S. Arun, a yoga instructor from India, talks about the art of yoga during a class at Asana Yoga Center. He conducted one class there last year and returned for three days this year.

LEARN MORE

For more information on classes at Asana Yoga Center, 155½ Lincolnway, Valparaiso, visit www.asanacenter.com or call 309-7860.

"I had to say, I was a little intimidated to come, but he made it very pleasant," she said, adding that Arun was accessible, used humor and pushed participants "to find our maximum potential."

Dana Darr, the owner of Asana, said Arun's extended visit was educational for her as well. He provided "a second set of eyes" for evaluating how her students were doing.

Arun also helped Darr to slow down and pay attention to how students look while doing their poses — whether they are pale or flushed, for example.

"That's the next level of teaching that I needed," she said.