

SPEEDWAY, INDIANA

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Yoga studio brings serenity to Main Street

Main Street Yoga opens on August 26

Speedway, Ind. — Main Street Yoga owner, Mindi Epstein, plans to start classes on Aug. 26, at 1032 Main Street in Suite B.

The studio will offer classes for students of all levels. A 4-week beginner's series, Gentle Yoga and Level 1 Vinyasa classes provide an introduction to yoga. Classes for advanced practitioners, children, teenagers and athletes will also be offered. Private lessons and corporate programs are available.

A unique yoga program, Yoga for Kids on the Spectrum, is designed for children with Asperger's syndrome, Autism or PDD-NOS. These unique classes integrate yoga and play. Parents or a designated adult are encouraged, but not required, to participate in the class.

"After years of practicing yoga in the privacy of my home, I want to share my passion for yoga with others in the Speedway community," Epstein said.

Epstein, who has been practicing yoga since 1998, will instruct classes along with four additional instructors. Each of the five instructors teach in a different format, allowing students to practice yoga in various ways.

"A yoga studio located in the heart of Speedway will create a more dynamic town," said Connie Harris, Executive Director of the Speedway Chamber of Commerce. "We are excited to welcome Main Street Yoga to our community."

Acclaimed local artist Phil O'Malley will mount an exhibit of his paintings in the Main Street Yoga gallery ready for the opening on Aug 26. O'Malley is best known for his large canvases layered with dripped paint, making the surface become almost sculptural in its depth. "I want the viewer to be able to walk into the painting, and then to be able to step back from it and see all the depth and layers of paint," O'Malley said. The artist will exhibit several other works to complement the major painting.

Yoga provides physical, restorative and spiritual benefits. The studio encourages students to learn something new each time they roll out their mat.

The studio welcomes all, especially those who have had hesitations about going to a studio. "Yoga is called a 'practice,'" says Epstein, "because no matter how long you have done yoga, you are always learning." The teachers at Main Street Yoga offer instruction on modifications of each pose to

accommodate students of varying levels of flexibility and experience. Teachers will provide demonstrations and cues to help students ease into and out of poses safely.

Registering online, on a tablet or phone is recommended. Class offerings and schedules can be found at mainstreetyogaindy.com.

The studio welcomes the community to an open house with complimentary refreshments on Saturday, September 21, 4-8 pm. Thanks to the local Coca Cola bottling facility for supplying healthy drinks.