

# Business In The Bag

## River Rock Yoga fosters wellbeing and tranquility

By VALERIE WINN  
Gazette Writer

Moira Anderson's mission is to instill in others a sense of peace.

"To calm the mind is the central purpose of yoga," said Anderson, owner of River Rock Yoga where she devotes 70 hours a week, including weekends, to directing yoga programs and workshops.

"I think of this as a place where people can come and relax," she said. "A place of comfort."

Soft music, low lighting, soothing colors, as well as cork flooring that is warmer, quieter and softer than traditional wood floors, are among the aspects that help students build an interplay of body, mind, and energy. River Rock Yoga is fully stocked with necessary props and accessories. There's also a massage practitioner on staff.

The studio's name carries its own significance.

"The name River Rock Yoga came from two elements that inspire me — earth and water," said Anderson. "Yoga philosophy tells us that two things are needed to make progress in yoga: persistence/steadfastness and non-attachment to results. These are both qualities students learn through practice. There is a saying that 'a river cuts through rock, not because of its power, but its persistence.'"

One of the biggest misconceptions of yoga is that it's not for everyone.

"People think you have to be super flexible and tie yourself in knots," said Anderson. "We have students of all ages — from 5 to 88. Anybody can do it at any age. Anyone can take on practices to calm the mind. It helps to reduce some of the suffering we take on in



Submitted Photo

Moira Anderson, owner and director of River Rock Yoga, is dedicated to teaching the benefits of yoga everyday life."

River Rock Yoga offers from 26-30 classes per week for students of all levels. During the school year, children's classes are scheduled. Private instruction with Anderson is also available.

Community classes are open to anyone wanting to experience yoga and suggest a \$5 minimum donation that benefits various programs and organizations. Proceeds for June classes will benefit

the Bethesda Free Medical Clinic.

Classes in Pilates, a technique aimed to promote stability in the center of the body, are also popular. To register for, and to learn about these and other classes, interested persons may visit River Rock Yoga's Web site at [www.RiverRockYoga.com](http://www.RiverRockYoga.com) for details.

"It's an honor to work with people," said Anderson, adding that she has nearly



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A flow yoga class combining movement, concentration, and held postures to improve, strength, flexibility and cardio conditioning.

cises and deep relaxation techniques to assist patients in normalizing and balancing the mind and body as they process the effects of traumatic events."

Anderson, an English literature graduate of The Colorado College in Colorado Springs who minored in performing arts/dance as well as elementary education, employs much of this training in her work.

"I use my literature background," she said. "I often

read poetry and other passages to my classes. It's a creative endeavor."

She plans to further develop her expertise by enrolling in The University of Southern

Mississippi School of Social Work in August.

"I will be able to do more, bring more therapeutic lessons to people," she said.

She attributes much of her success to the 10 individuals who teach with her. "I have a great team right now," she said. "All of my teachers are so amazing."

To accomplish all that she does, Anderson begins her days at 7 a.m. and ends late into the evening.

But she wouldn't have

it any other way. "I love just being here," she said. "I'm so happy. I love what I do. I love working with this community. I thank my lucky stars."



River Rock Yoga,  
2429 W. Commerce St.,  
Suite C, is open  
seven days a week  
from 8 a.m. - 8 p.m.  
Schedules, however, vary;  
Telephone:  
228-818-4522.



Submitted Photo

A restorative "Openings" class designed to relax the nervous system while providing relief from physical tension, strain and pain.