

June Teacher Feature

Lani Granum

Your first class with Lani is free for the month of June!

What brought you to yoga?

An absolute requirement to slow down. I was struggling to get pregnant and had to scale my workouts way back. Ashtanga seemed to me to be the perfect compromise between the rigorous triathlon training I'd been doing before and the stereotypical "gentle yoga" I wanted to avoid. I soon moved on from Ashtanga, but I had opened the door into the whole new world of Yoga.

How do you keep up a regular/daily practice?

I try to practice the "10-minute rule": commit to doing 10 minutes of yoga a day, which almost invariably turns into a full practice. But I also follow the "1 day off rule"! And I think I'm adding a "1 month rule"... I took the month of December off last year to have more time to spend with my family over the holidays and to let my body rest. It was very good for me.

Is it necessary to be a vegetarian to practice yoga?

No! I don't believe it's necessary to be a vegetarian to practice yoga. I tried it once and it was one of the worst things I ever did to my body-mind-self. I needed the animal protein and fat, and the satisfaction of getting my teeth into something meaty!

Do you think the U.S. should be involved in Iraq?

Should yoga teachers speak out about politics in class?

No, I do not believe we should be in Iraq. And yes, I do think teachers should speak out responsibly and judiciously about world events. I almost always begin my classes with some reflection on current events, anything from Iraq to outer space to linguistic evolution. It's hard; I have to give some thought to it ahead of time and I sometimes struggle for words, but I think it's important to have a point of reference in the real world to connect our practice to.

How do I choose a teacher among so many teachers and studios?

How to choose a teacher? Taste as many different teachers as you can. Trust your unconscious. Go where you feel good about yourself.



Have you ever been injured in practice?

I had one distinct injury in a class when a teacher leaned on my back in lotus pose. And I've struggled with various "overuse injuries" by teaching too much and doing my own practice too little. I have arthritis which is a constant demon beckoning me to pass up a day of practice, but also a constant reminder that you have to "use it or lose it".

Who has been your greatest yoga influence and why?

My own personal relationships have been my greatest yoga influence. My husband, son, friends, teachers, patients, students, parents, siblings, my own therapist... the list goes on! Only in relationship, to myself and others, can I access the emotions that are embodied in the poses.

Lani's weekly class schedule at Moksha Riverwest:

Wed	12-1pm	Vinyasa 1-2
Fri	4:45-6:15pm	Vinyasa 1-2
Sun	8:30-10:15am	Vinyasa 1-3

Join Lani every Saturday for a FREE class!

June 9 to Sept 29
8am-11am
Great Lawn of Millenium Park