

Notion abordée : Espaces et échanges

An interview with Hallie Reynolds by Shelly De Vito

Canadian and US voices

Yoga as exercise

Shelly: Welcome Hallie. Can you tell us a little bit about yourself please?

Hallie: I'm from Canada; I come from Toronto, and I'm a yoga teacher.

Shelly: So, many people imagine yoga being for very thin, rather pale, somewhat anaemic people, who like to sit under trees and meditate, but from what I've understood, you have students of all backgrounds and all body types and some very muscular athletic students, as well as some thinner or some older or some less active students?

Hallie: In Bikram Yoga in general you can have anything from a fifteen-year-old to a seventy-year-old; an overweight person to a very thin person. Everyone can do it, because the series has been designed for all levels and all body types. When you have a lot of muscle on your body, it makes some... some stretches difficult, because the body isn't as open and flexible.

Shelly: Do you find that your students often are repairing their bodies?

Hallie: That's a big part of the practice. We have a lot of dancers, or former dancers, athletes, that come to yoga because, above all yoga is therapeutic, it's designed to heal the body, so we have people with knee injuries, back injuries, and no matter what their level, they are able to do sometimes just a little bit, and they develop more and more as they practice.