

Move Your Body!

CaliforniaCity.com

“Business of the week.”

Story by Phil Cowan
Photos by Pierre Kandorfer PhD.

California City is blessed by the presence of Colleen Forsyth-Pearcy, an internationally acclaimed ballerina and dance instructor trained in *Iyengar* Yoga in her native Zimbabwe. She explained the uniqueness of the *Iyengar* method as utilizing props such as balls, mats, and cushions to assist beginning students. Colleen brings her vast instructional experience to *Move Your Body*, the yoga-training center, located in the California City Business Park. Combining her ballet talent with her *Iyengar* Yoga training, Ms. Forsythe-Pearcy provides meticulous courses in performing *asanas* (positions), emphasizing the development of strength, stamina, flexibility and balance, as well as concentration (*Dharana*) and meditation (*Dhyana*).



Instructor Colleen Forsyth-Pearcy



B.K.S. Iyengar

B.K.S. Iyengar

Iyengar Yoga training, a form of *Hatha* Yoga, created by B.K.S. Iyengar in *Pune, India*, focuses on structural alignment through *asanas*, aiming to unite the body, mind, and spirit for health and well-being. *Iyengar* defines his science, “When I

practice, I am a philosopher, when I teach, I am a scientist, when I demonstrate, I am an artist.”



Sponsored by business owner, Bruce Eustace, *Move Your Body*, transcends traditional yoga classes by combining the grace of the ballet with the science of *Hatha Yoga*. Contrasted to experimental approaches where students are permitted to “find their way,” by imitating the teacher, *Iyengar Yoga* training is highly verbal and didactic.

For personalized yoga training, or to join a class, call Move Your Body at (760)373-9175 or contact Colleen on her cell phone at (760)373-7098.