

# ONE WHIRL Yoga Fest

+ HEALTHY LIFESTYLE EXPO




**Yoga expert Sherri Baptiste will lead Western Pennsylvania's yoga community in breathing, moving, and shining its inner light on July 28! Read our exclusive interview.**

BY NICOLE BARLEY  
PHOTOS COURTESY SHERRI BAPTISTE

The Baptiste name is esteemed and celebrated in the world of yoga, and we're thrilled to bring Sherri Baptiste as our very special guest at the One WHIRL Yoga Festival + Healthy Lifestyle Expo! The family began its history-making ways in the 1930s and continues to make an important and indelible mark on the yoga world. Baptiste is the daughter of two of America's yoga pioneers, Magana and Walt Baptiste, and the sister of power vinyasa expert, Baron Baptiste. July 28 marks her first time visiting Pittsburgh, where she'll teach two must-attend 90-minute workshops featuring her signature styles, Yoga with Weights: Baptiste Method and Baptiste Power of Yoga.

I had the great pleasure of speaking with Baptiste about her upcoming appearance and the healthy community we'll be gathering this summer in the city. At that, she mentioned the word *Sangha*, Sanskrit for "community," and says that being part of a yoga community is both a collective and

individual effort. "We are each evolving in our own right and in our own gathering of different souls, different people, different bodies, and we honor that. But there's a vibration in that space of breathing together and flowing through these beautiful series of postures," she says.

Not only is she a yoga expert, author (of *Yoga with Weights for Dummies*), teacher, and trainer, Baptiste is also an advocate for healthy eating, having founded and run the Baptiste Natural Foods store for 15 years in San Francisco. Baptiste encourages us to practice at our own pace, as each of us is on a different path to wellness. "It's important that people take on their own work of personal development and seeking their own path that really serves them with the yoga practices, with getting out and walking everyday, with eating a vibrantly and healthy rich diet, taking time to breathe and meditate, and then paying attention to how they feel with that. It's all a lifestyle practice." 



**BAPTISTE POWER OF YOGA CREATES A BALANCE OF STRENGTH AND FLEXIBILITY, MENTALLY AND PHYSICALLY. IT ALSO INCREASES VITALITY AND AN OVERALL SENSE OF WELL-BEING.**

**Get your tickets today!**

Scan here to purchase tickets to Sherri's workshops.



# Q&A

## WHAT ARE THE BENEFITS OF YOGA WITH WEIGHTS?

We're creating longer, leaner bodies. There's this internal kind of combustion and fire and connections being made with muscle and bone. When you combine weights and yoga, it makes for a phenomenal practice — and quick results! It's working balance and coordination, and taking people to another level of endurance and stamina. It also adds another dimension to that grounding and rooting of the body. It's something you really feel in the moment.

## YOU'VE SAID, "YOGA IS THE GYM FOR YOUR SPIRIT." HOW DOES SPIRITUAL CARE PLAY INTO OVERALL HEALTH?

What I've observed working with countless thousands of students is that when one is inspired, you have a bigger frame of what life is. This life is an opportunity, and we've been given the gift of life and the birthright of a deep and rhythmic breath and the gift of a mind. When you start to put these things to work in your life, following your inspirations, your own ideal goals, your insights, you're starting to tap into this inner wisdom that there's something bigger going on in this life. When we come into these phenomenal yoga techniques, we come into the consciousness of breathing, and life starts to come to you, and you're much more prepared to meet it in beautiful ways.

## HOW HAS HEALTHY EATING IMPACTED YOUR LIFE?

Working with natural and healthy foods is definitely part of the Baptiste method of yoga. To us, it's not just doing a few yoga postures or picking up a couple of weights, but it's the whole picture. Fresh, vibrantly rich, water based, enzymatically charged, dynamic, natural food go hand-in-hand with a healthy lifestyle. Not only do we look our best and feel our best, we age with such grace and youthfulness. My experience is food is powerful. It is empowering. You can get addicted to eating good foods because you feel so good from it.

*Sherri Baptiste, powerofyoga.com.*

## FEATURED WORKSHOPS

### 1. BAPTISTE POWER OF YOGA:

#### YOGA PRACTICE WITH SHERRI BAPTISTE

Get ready for a flowing yoga practice that includes postures (asanas) held in accurate alignment and offers seamless transitions between the postures using flowing breath-based movements. This deep practice for body, mind, and soul includes yoga postures and breath work for serenity, strength, and balance.

Equipment required: Yoga mat, blanket, and block

### 2. YOGA WITH WEIGHTS:

#### BAPTISTE METHOD WITH SHERRI BAPTISTE

Try this hybrid of two powerful, time-tested exercise systems: yoga and bodybuilding. Tone your abs, stimulate metabolism, anti-aging factors, build endurance, maintain bone density, and become more flexible, all while achieving deeper balance, inner strength, and peace of mind. Beneficial for diverse populations, including seniors, children, and pregnant women.

Equipment required: Yoga mat, handheld weights (1-3 pounds per hand for women; 5 pounds per hand for men) and ankle weights (2-3 pounds for men and women)



**BOTH WORKSHOPS ARE ELIGIBLE AS CONTINUING EDUCATION FOR THE YOGA ALLIANCE 200 AND 500 HOUR CERTIFICATION PROGRAMS.**