

Crescent Hill Yoga in-person classes halted in March 2020 as much of the country closed down with the coronavirus pandemic. In May Alex took up teaching via Zoom. We hope to resume in-person classes, but, as yet, have not felt that it is the best option for our students. Many of us have appreciated being able to maintain a community and connection online, while we have been unable to come together in-person.

As students of yoga we practice asana and pranayama, and study the philosophical teachings of yoga. The breath links actions within an asana. The breath brings life and awareness into the pose. The breath brings our parts together; breath helps transform a pose into an asana. The breath creates the whole. When we practice together in the same space, we share the breath, we breathe the same, shared air. The breath connects us together in practice and community, both symbolically and literally.

With our breath we breathe in and breathe out the same air and water molecules that have been recycled since life began. We exchange the same breath as our ancient ancestors. The breath is the pattern that connects.

Ironically, the breath is also the vehicle for the coronavirus pandemic. The life breath that most of the time we share and depend upon, the breath that sustains, calms, invigorates, nourishes and gives life, is also what we must be cautious with. Careful about. In the pandemic we keep and maintain space or social distance, and mask over ourselves and our breath.

The thought of “on-line” yoga was alien and untenable to many of us prior to the pandemic. Some of us were very resistant to not being in the same physical space, resistant to using/learning the technology. But, in the pandemic days, the internet and on-line classes have been a way to remain connected. A way to share the practices; a way to maintain and move forward and go deeper.

In these trying times, the internet gives a way to breathe together.

Crescent Hill Yoga has served the community, sharing the teachings of Iyengar yoga for over 15 years. Alex Cleveland and Kathleen Geile opened the studio as the primary teachers. Christine DeLazzero, Craig Schuetze, and Ali Ahern are also class favorites.

Alex is teaching yoga classes of all levels on-line. In the Fall he is teaching an 8 week Yoga Sutras philosophy class.

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