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NEWS RELEASE from Center for Ageless Living

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Center Hosts Kathakali Dance for Public

Los Lunas, NM -- Dora Hernandez, an El Salvador native performs a Kathakali dance open to the public 7pm – 9pm Saturday September 15, 2007 on behalf of the Yoga and Tai Chi Studio on the campus of the Center for Ageless Living. Admission, which includes Chai tea and an East Indian sampler plate is \$30, and may be purchased at The Center.

Hernandez explains the stories based on Indian mythology as an art form told by dance and hand movements. As presenter, she sees herself also as a cultural ambassador. “I practice what I learn, what I study,” she says.

Her lifelong study of yoga is part of the discipline that serves her as yoga instructor at the Center. “Yoga is like when you learn to read,” she comments. “You start with A. There are steps.”

According to Hernandez, her yoga classes involve considerable observation. She maintains that one can’t practice yoga just one time a week; “it’s not that kind of sport.” Consequently, she asks her beginning students to dedicate three days a week to yoga and start to feel the difference. “If you’re focused in breathing you feel a difference right after the end of the first class.”

The Center’s schedule accommodates five yoga classes taught by Hernandez: on Wednesdays from 6:15-7:15pm and 7:16-8:15pm and on Saturdays 8-9:15am and 9:15-10:15am; a class for seniors is scheduled at 9:30am every Tuesday.

“The more you learn relaxation techniques, the more your body starts losing tension,” Hernandez continues. She describes herself as a senior yoga student who made the Yoga Center a second home while studying in India. Her studies took her to Romania, South America and eventually Valencia County, New Mexico. Wherever she is, Hernandez practices yoga daily.

“Yoga can change society into non-destructive,” she asserts, explaining that her dream is to teach young people to express themselves in many ways. “When the mind is calm you sleep well, think properly and have fewer conflicts. This is especially true for the young.” Listening to her, one believes this could be true.

The Center for Ageless Living is a unique facility that embraces and supports aging with a variety of programs and services that include family and community involvement. The five elements of The Center – Senior Living Systems, Personal Living Systems, the Garden Gate Day Spa and Salon, Green House Rotisserie and Community Park Programs – are located on Highway 47 just north of South El Cerro Loop in Los Lunas. For more information, log onto www.nmagelessliving.com.

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aging is part of life

agelessness is a way of living