

News from Pamlico Community College

Susan Koepp to Serve Yoga for Lunch at PCC



In western cultures, yoga is viewed as the union of the mind, the body, and one's spirit. Susan Koepp, who will be the instructor for a yoga class at Pamlico Community College beginning January 26, describes yoga as... a process of self discovery, a health practice that encompasses the whole being."

Her current students in Oriental describe the yoga experience in her classroom as the "best of the best." Susan Gulko, who has travelled extensively, Wendy Osserman, a professional dancer who lives mostly in New York, and Ken Laser, a New York architect who also has a home in Oriental - all say that though they have been in classes from New York to California, nothing compares to being in a yoga classroom with Koepp.

Paula Beattie, a novice in the yoga classroom, says, "This yoga class under Susan has changed my life, physically, mentally, and emotionally." Beattie has even convinced her husband, Chuck, a retired airline pilot, to give yoga a chance.

Laser observed, "Susan intuitively knows what's going on in the classroom. She senses the energy in the classroom on each particular day and addresses the needs of the individual students. She works with the energy in the class from both a quantitative and qualitative perspective. She addresses those needs as she intuitively feels them."

Osserman, who has performed in a wide variety of venues nationwide, described Koepp's classroom as "so challenging." Laser noted that this area was so fortunate to have an instructor with Koepp's qualifications. "I have been in yoga classes in New York and other

places, but nothing compares to being in a classroom with Susan Koepp. She tunes into the right combination of the spiritual and the physical. It's a perfect pitch when we are together. She is absolutely the best," he said.



Susan Gulko described her four years of taking yoga under Koepp as "an incredible journey." She said, "Susan is strong but flexible. My overall health is so much better since I have been taking part in this class. She is caring about the students and their needs. She understands that students have different abilities and works with them individually. It's not a competition in this class. We all mutually benefit."

George Wieniesky joined the chorus of praise and commented that Koepp would expose the students to more than they imagined, heightening their classroom experience.

One can log on to the website, www.mywellnesspartner.com to learn more about yoga's benefits for muscle tone, and better health for tissues, ligaments, joints, and nerves. Yoga is practiced in many cultures to reduce stress and anxiety, boost metabolism, improve concentration, focus, and attention as well as enhance balance, posture, coordination and agility. Yoga is also known to improve sleep patterns, enhance digestion, increase lung capacity, and alleviate pain.