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January 2011: The Mind & Body Experience



This month we were fortunate to have yoga instructor, Elna Hubbell, share the first of a series of yoga and nutrition

workshops, exclusively for RowLA. In the first half of the workshop, Elna gave us important stretches for stress reduction and flexibility, plus some stretches that help keep the muscles used in rowing toned and flexible.

Equally important, we learned to focus on how our body feels as we breath (oxygenate), stretch (elongate) and relax our various muscles.

Elna's approach was to focus on specific movements and techniques used to promote the rest and relaxation we need after stressful school or athletic activities. While sharing technique, she encouraged us to turn off the spigot of our busy thoughts and stay focused on just the task at hand. Complete focus is a



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necessary skill for academics, athletics and relaxation (yes!), but a surprisingly challenging thing to do!!

It was interesting and fun to learn that yoga is great exercise for both a rower's mind and body!

The second part of our workshop was focused on nutrition. Elna emphasized to us healthy eating, rather than difficult dieting. Pulling out the good ol' food pyramid in its updated form, Elna highlighted

portion control and making smart nutritional choices, using the food pyramid as a guide. For good energy and overall health, she suggested we eliminate particular foods from our daily habits (diets) and begin to actively read labels in an attempt to eat more nutritiously packed food, rather than our easy "go to" fat laden or empty calorie choices. So throw out that Cup O' Noodles, please!!

Thanks, Elna! We can't wait for our next workshop!