

# FEATURES

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## Yoga provides an escape from stress, anxiety

BY JULIET MAGOON  
STAFF WRITER

As college students we are in constant flux. It can be difficult to find balance among classes, a job and a social life.

"In college especially, where we are called to do so many things, it is so easy to lose touch," said first-year Yoga Club co-leader Elena Sippel.

Yoga can benefit students greatly, as it serves as a grounding force during high-stress schedules. Practicing yoga for as little as 10 minutes a day helps balance one's "prana" or life energy.

"Yoga provides a space in which we can reflect and release what we do not need," said Elena. "Yoga keeps us nimble and flexible, both in mind and body."

Whether it is the tree, warrior or any other "asana," or yoga pose, yoga is a practice that conditions one's self whilst transcending demographics.

"If you've never tried yoga before, no worries," said first-year Yoga Club co-leader Laura Sippel. "It is the least competitive activity imaginable."

According to a University of Illinois study, yoga even helps the brain function better. Just a 20-minute session of Hatha yoga improved students' focus and brain control when compared with aerobic exercise.

Hatha yoga is alignment-based, designed to open the spine and other channels of the body.

"When you're calm, you work better," said senior yogi Hannah Schewel. "My yoga practice helps me work on my concentration through poses and breathing. This focus reflects in other areas of my life."

Research also shows that students who practice yoga exhibit reduced levels of anxiety, confusion, tension, anger and depression.

"Yoga is great for self-rejuvenation," said sophomore yogi Dale Prince. "(Yoga) helps me jump start my day and gets my blood flowing. I was surprised how sore I was after just a quick session."

Although many men practice yoga, there is no doubt that here in the Western sphere it is practiced predominantly by women. According to Mediarmk Research & Intelligence, women make up 77 percent of yogis.

"Five thousand years ago, men practiced yoga in India because it was ingrained in their



Yoga Club meets at 4 p.m. every Sunday in the dance studio at the Armfield Athletic Center and on warmer days the club enjoys meeting by the lake.

culture's tradition," said senior religious studies major Barnaby Johannes. "Now in America, yoga has become somewhat of a trend, paired well with chai tea lattes and yoga pants."

Here at Guilford, two yoga classes, taught by yoga guru and instructor Dawn Leonard, are offered on Monday and Thursday afternoons.

Leonard's yoga classes and Yoga Club assist student yogis in their path to "dharma," or truth, in an accepting setting.

"I do think that there is a stereotypical yoga body, the one you often see on the cover of Yoga Journal," said Leonard. "Fortunately here at Guilford our yoga classes are quite diverse, including many athletes who I think would usually be intimidated by going to a regular studio because they are not

'flexible.'"

Leonard's classes and yoga club have been an immense help in pushing my practice further, but students have also found great success at outside studios in Greensboro.

"Triad Yoga is my favorite," said senior Sam Metzner. "I go to Mind Body Fitness sometimes, too."

Triad Yoga is 10 minutes from campus at 515 College Rd. It offers superb classes for yogis of all ages and levels.

"If you're more into to flow, I recommend Free Spirits Yoga downtown," said Leonard.

"Flow," or Vinyasa, yoga is breath-synchronized movement. Flow yoga fluidly moves the body through a series of poses rather than focusing on one pose for a few breaths.

"(Ganesha's Yoga & Wellness) is more

affordable than most other studios in Greensboro and is very willing to come up with plans that suit students' financial needs," said senior Yoga Club co-leader Quincy Malesovas.

Yoga Club is offered on Sundays at 4 p.m. in the Armfield Athletic Center dance studio. It's a great opportunity to get centered after a fun weekend. On nice days, yoga club often meets at the lake.

These opportunities and more create a non-intimidating realm in which to enjoy yoga. If you are interested in beginning or continuing your practice, reach out to either Leonard or the yoga club. New yogis are always welcome.

Be sure to look out for a yoga club event during Serendipity.

Namaste.

## Julie Elmore spices up vegan cuisine in the caf

BY ZACHARY LINDSEY  
STAFF WRITER

If you eat at the vegan station at Guilford College's cafeteria, you know Guilford's vegan chef Julie Elmore. And chances are, she knows you too.

Elmore was hired by Guilford College through Meriwether Godsey in August 2013.

Elmore was born in Charlotte, N.C., but moved to Greensboro as a child. She attended primary school in the county and completed her undergrad degree from UNCG in 1983.

Elmore acquired cooking through her parents' artistic nature. Her mother was an artist and oil painter, while her father was an engineer.

"Must of got a little bit of artistry from the both of them," said Elmore. "The levels of creativity I have through cooking is what drives me to cook."

In her 30s, Elmore developed a passion for cooking. Her first culinary experience was working at a catering business with an acquaintance. Soon after, she then worked for Bert's Seafood Grille, a local restaurant.

Elmore then found a position with Meriwether Godsey at

Guilford College on a rainy afternoon. After several interviews, she knew she wanted the position.

"It seemed like the perfect job for me, and (so) it has turned out to be," said Elmore.

Elmore works Monday through Friday from 8 a.m. to 4 p.m. She is usually found at her station behind the dessert table in the cafeteria.

On a typical day, she spends two hours preparing her dishes with several components.

She also enjoys cooking international foods.

"Our vision here at Guilford College is to provide meals from all over the world," said Elmore.

She was driven to cook vegan food because she could flex her culinary muscles.

She also speaks highly of the students and co-workers she is surrounded by daily.

"The students are some of my best friends," said Elmore. "I love the students. We have great conversations every day. They're a breath of fresh air."

"I love my colleagues, too, and their relationship with me is what keeps me here."

Director of Dining Services Snehal Deshmukh believes Elmore is very talented at what she does and comes up with various exceptional

ideas to add to her dishes.

"I think she is a great asset to this operation," said Deshmukh. "Moreover, what she brings to the table is the fact that she is so personable with students and staff."

Elmore is a great person to converse with. Students love her because she is very outgoing and

engages with them and the faculty.

"I like the fact that Julie already knows the people who go to the vegan station," said junior Ajiah Jones. "Even if you're not a vegan, you can still go to the vegan station and get food."

Elmore's colleague, A.D. Boyed, feels that after a year and a half of working together, she does an

outstanding job preparing her vegan dishes.

"She really does care about what she prepares," said Boyed.

"I like the fact that the vegan food is made by someone who puts so much compassion into their food and made by someone that you know," said sophomore Danewrys Tejeda.



Julie Elmore is known for her vegan meals, such as the rice and bean option above, offered in the cafeteria every day.