

ROSEMARY (RUDRANI) NOGUE FINDS BLISS THROUGH YOGA

BY NATHAN KUNZ



AT THE BEGINNING OF

Rosemary (Rudrani)

Nogue's classes, minds are often racing. Participants are noticeably preoccupied by work, family troubles or even just thoughts of what they'll make for dinner.

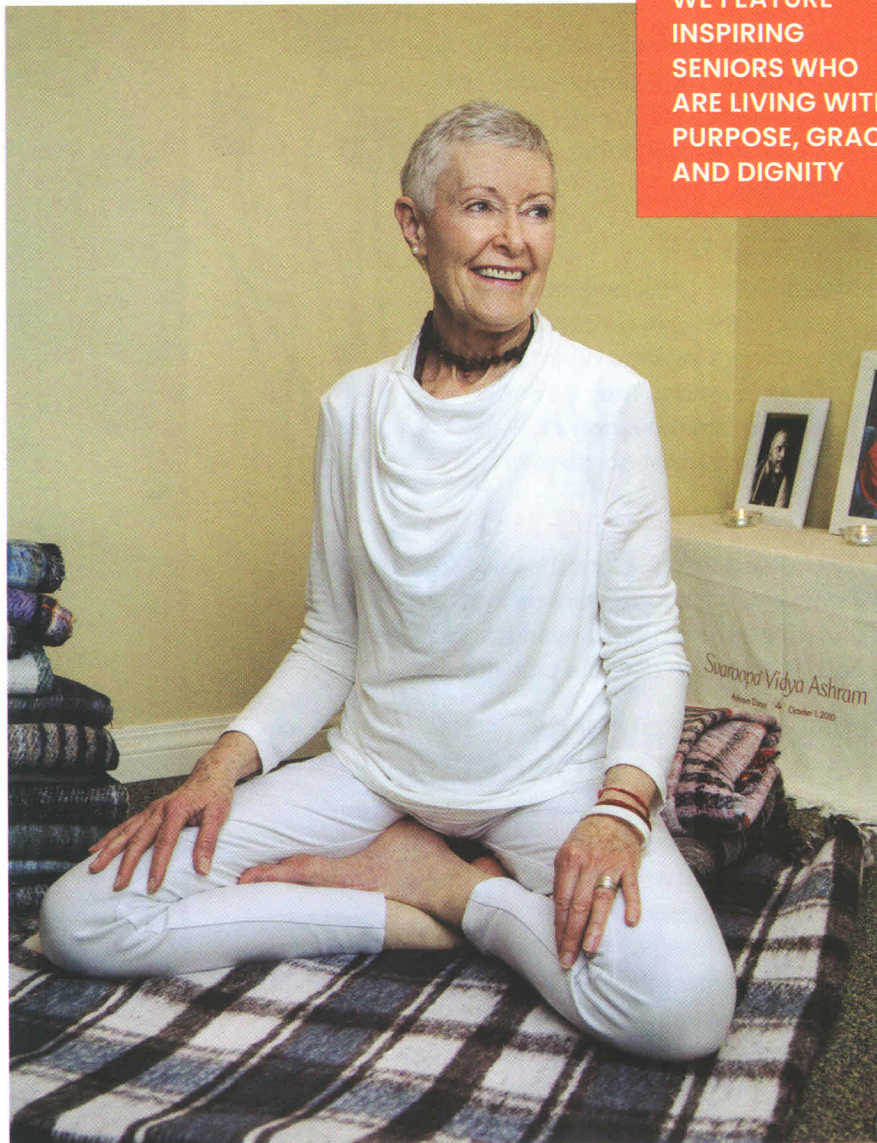
"At the end of a class, participants' minds are quiet," says Nogue. "I'm filled with joy seeing how serene their faces look."

Nogue, 72, teaches Svaroopa® yoga and meditation at her Calgary studio, Bliss Yoga. Svaroopa uses simple poses to decompress the spine from the bottom to the top. When done correctly, Nogue says students can feel benefits in their mental, physical and spiritual states — known in Sanskrit as dropping into Svaroopa, or "Bliss of your own being."

Nogue's interest in yoga began in the 1970s, with her originally attending classes hosted in Calgary church basements. After a near-two-decade break, she reconnected with the practice in 1997, and, by 1999, had begun training to become a certified Svaroopa teacher.

Svaroopa uses blankets for propping and participants are adjusted into poses. Because of the supports, students of all ages and abilities can take part in the classes safely and comfortably.

While Svaroopa yoga has deep



PHOTOGRAPH: JARED SYCH

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spiritual ties, Nogue says everyone is free to take what they will from it. And while change is often visible at the end of each session, Nogue says the benefits also go far beyond her classes.

"People start to feel a sense of peace coming from inside. They may take better care of their bodies, including how they are eating," says Nogue. "To give people something that can change them while they're right in the middle of their life, that seems really big to me. I call it changing the world, one yogi at a time." ■

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