

Teachers, Lecturers, Workshop Leaders and the Centers



Questions for Yoga Teacher

Christy DeBurton

About the Yoga Book Group

Bill Zirinsky: Christy, I've seen your listings for the Yoga Book Group. What is it?

Christy DeBurton: First and foremost, it is a book group where we discuss books that are holistic in nature – whether they're about yoga, spirituality, personal growth, meditation, how the brain works, etc. However, it is a pretty laid-back book group. We are here to expand our minds and open ourselves up to new ideas, but we also have fun: everyone brings a vegetarian hors d'oeuvres to share, and we usually end up chatting about our lives as much as we talk about the books. For August's book group, one of my students who lives on a lake hosted, and we had our discussion out in the middle of the lake on her pontoon boat!

BZ: How often do you meet, and how long has this Book Group been going on?

Christy DeBurton: We had our first meeting in January 2008. We meet every other month.

Do you have a set membership, or do different people show up at different meetings?

Christy DeBurton: We have a core group of about 6 people who have been coming from the beginning, but it has since grown. Last month we had 12 people.

What have you been reading this month? Tell us about it, please.

DeBurton: This month we are reading *My Stroke of Insight* by Jill Bolte Taylor. She is a Harvard brain scientist who, at the age of 37, had a stroke on the left side of her brain. The book is about her recovery, but it's also about how the right and left sides of the brain work and, ultimately, how we can choose to perceive situations from either side of our brain. I've heard from several students who have already finished the book, and we have all found it really fascinating.

What book group choice led to the most stimulating conversation?

I would have to say *A New Earth* by Eckhart Tolle. It totally blew us away. There is just so much enlightening, practical information in it. We talked about that book for a long time at the book group and even afterwards. We highly recommend it to anybody who hasn't read it yet. It will change your life.

What has been your favorite book, of the ones you've read in your Yoga Book Group? Tell us about that book, please.

The Tolle book! Tolle explains how it's our ego that makes us react,

Halley Crissman has worked and volunteered in the LGBT community and is currently a master's student in the U-M Public Health program.

Judy Crookes is a conscious channel who brings through the energy of Jacob, who has the ability to love and empower people through group work, meditation, ceremony, and personal intensives. Jacob has written many articles and has been published in *The Sedona Journal of Emergence*.

Kristi Davis has an MA in Transpersonal Drama Therapy Studies and Psychoneuroimmunology and is a Registered Drama Therapist Candidate.

Christy DeBurton, RYT, has been teaching yoga since 1998. She has trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan.

Deep Spring Center for Meditation and Spiritual Inquiry is a nonprofit organization devoted to offering teachings of non-duality and the meditation practices that support those teachings. Barbara Brodsky is founder and guiding teacher.

Cathy DeLauter is an ordained Interfaith non-denominational minister and student and teacher of metaphysics since 1978.

Mary Pat Dewey, OP, is an Adrian Dominican Sister currently ministering with the senior sisters on the campus of the Adrian Dominican Sisters. Prior to this, she was in full-time retreat ministry in North Carolina.

Jacki Dilley, LMSW, is a longtime member of the Zen Buddhist Temple of Ann Arbor and has been a psychotherapist since 1991.

Brenda Jo Domsle is a nutritional consultant providing education about diet and nutrition to build and maintain well being.

Jim Dreyer and **Tim Utter** are both volunteers with the Grass Lake Sanctuary.

Rachel Eckenrod, an Intuitive Energy Healer specializing in whole being alignment, owns and operates the Aromatherapy Blending Bar in Ann Arbor.

Dori Edwards has studied West African dance for 12 years with master dancers from Senegal and Guinea, and has travelled to and studied in Guinea.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process, and works part-time at Crazy Wisdom Bookstore.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

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overreact, have all these different thoughts, etc., and once we realize that we are not our ego, we can choose to just look at our thoughts and reactions but not have to get caught up in them. We can just say, "Oh, that's my ego. That's not who I really am. I am the pure awareness behind the thoughts." We can choose to live in the present moment and not get caught up in thoughts about the past or the future. Easier said than done, I know, but something we all need to remind ourselves of.

When did you start practicing yoga? And what style of yoga do you practice, and why is that style a good fit for you?

I started practicing yoga about 14 years ago. I did my teacher training and started teaching about 11 years ago. I practice a few different styles. I am not one of those students/teachers who strictly adheres to only one style. I believe there are many paths in yoga to achieving a balanced body, mind and spirit, and I encourage my students as well as myself to find the most inspiring and appropriate class/style for any given day. So, if I have a lot of energy and want to really work hard, I love a challenging Vinyasa class. I love Hatha when I need to slow down and relieve stress, or I'm just feeling low-energy. I do Yin yoga for its meditative qualities, and I love Kundalini because I find it very mentally and emotionally healing.

What's do you love most about being a yoga teacher? And what do you find most difficult in your work as a yoga teacher?

I used to work as a cost analyst in the auto industry before becoming a yoga teacher. I was good at my job, but I felt like it was killing my soul. What I always tell people about why I love teaching yoga is that now, instead of making money for a big corporation, I get to help

people lead healthier, happier lives. Most difficult thing about teaching yoga? Hmm...no paid vacations or health insurance!

Thanks, Christy!

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(Christy DeBurton teaches yoga classes at her in-home yoga studio, known as The Yoga Room. Her website address is: www.christydeburton.com. Her phone number is: 734-761-8409.)



Participants in a Yoga Book Club gathering: (from left to right) Kim Lewis, Andy Mascaro, Sue Post, Dave Post, Liz Shtrahman, Melissa Francis and Christy DeBurton.

Is there another book that you've read in the Book Group that would be interesting to tell our readers about?

We also read *How Yoga Works* by Michael Roach and Christie McNally. For anyone interested in deepening his or her yoga practice and learning more about yoga philosophy, this is a great book. It teaches you about the Yoga Sutras through a delightful story. We all really liked this one a lot, too.

Linda Diane Feldt is a local author, teacher, and private practitioner since 1980. Her work provides an integrated approach to holistic health care, primarily utilizing craniosacral therapy, polarity therapy, massage, and herbology, and has written three books.

Patricia Fero, LMSW, is a psychotherapist specializing in women's issues. She is the author of *Mining for Diamonds* and *What Happens When Women Wake Up?*

Bon Rose Fine, a student of astrology since 1993, offers consultations, teaches, lectures, and continues to learn about how the condition of the universe correlates to circumstances here on earth. She serves as president of SMART, a chapter of NCGR (National Council for Geocosmic Research).

Kathi Finney has extensive experience in meditation, astrology, crystal healing, intuitive healing, and women's empowerment, with advanced training in Esoteric Healing. She is a Reiki Master.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998.

Jennifer Flowers is a Reiki Master and teacher of all levels of Reiki since 2003, and is a wife and mother.

Marcella Fox, Master's degree in Social Work, studied shamanism in Peru, Canada, Hawaii, and the U.S. She is also a Reiki Master and certified in Hypnotherapy.

John Friedlander is an internationally acclaimed psychic, author, and teacher with degrees from Duke Univ. and Harvard Law School. He has studied with Jane Roberts in her Seth class and at the Berkeley Psychic Institute. His workshops are based on his book co-written with Gloria Hemsher, *Basic Psychic Development: A User's Guide to Auras, Chakras & Clairvoyance*.

Erin Fry, RScP, is a Licensed Religious Science Practitioner with the United Centers for Spiritual Living with seven years experience teaching and facilitating classes, workshops, and groups at a Religious Science Center in CA.

Melanie Fuscaldo, LPC, NCC, is a life coach whose mission is to help individuals live their dreams and enhance their happiness using the wisdom of body, mind, and spirit.

Gaia School of Herbal Studies includes teachers and herbalists Michelle Medley, Peggy Jones, and Mary Light.

Georgie Galante is a mixed media artist certified in faux techniques and has been working with polymer and metal clay for over eight years.

Bronwen Gates, PhD, is practitioner of energy medicine and presents classes and consultations, combining both the intuitive wisdom of the shaman and nature mystic with the practical skills of an herbalist and scientist. She has also developed Faerie Flowers essences and Herbal Salves.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing an eclectic variety of avenues with which to explore the body, mind, and spirit. The Center offers ritual and ceremony, workshops and seminars, and health oriented classes and services.

Dr. Dan Geck, DC, is a practitioner in the fields of natural and alternative health.

Pam Gee is a certified instructor, CPR trained, and has nine years teaching experience.

Gelek Rimpoche, born in 1939 in Lhasa, Tibet, has played a crucial role in the survival and transmission of traditional Tibetan Buddhism. He is among the last generation of Tibetan Lamas fully trained in Old Tibet, pre-1959. In 1988, he founded Jewel Heart, a Tibetan Buddhist Center, with chapters throughout the U.S., Malaysia/Singapore, and the Netherlands.