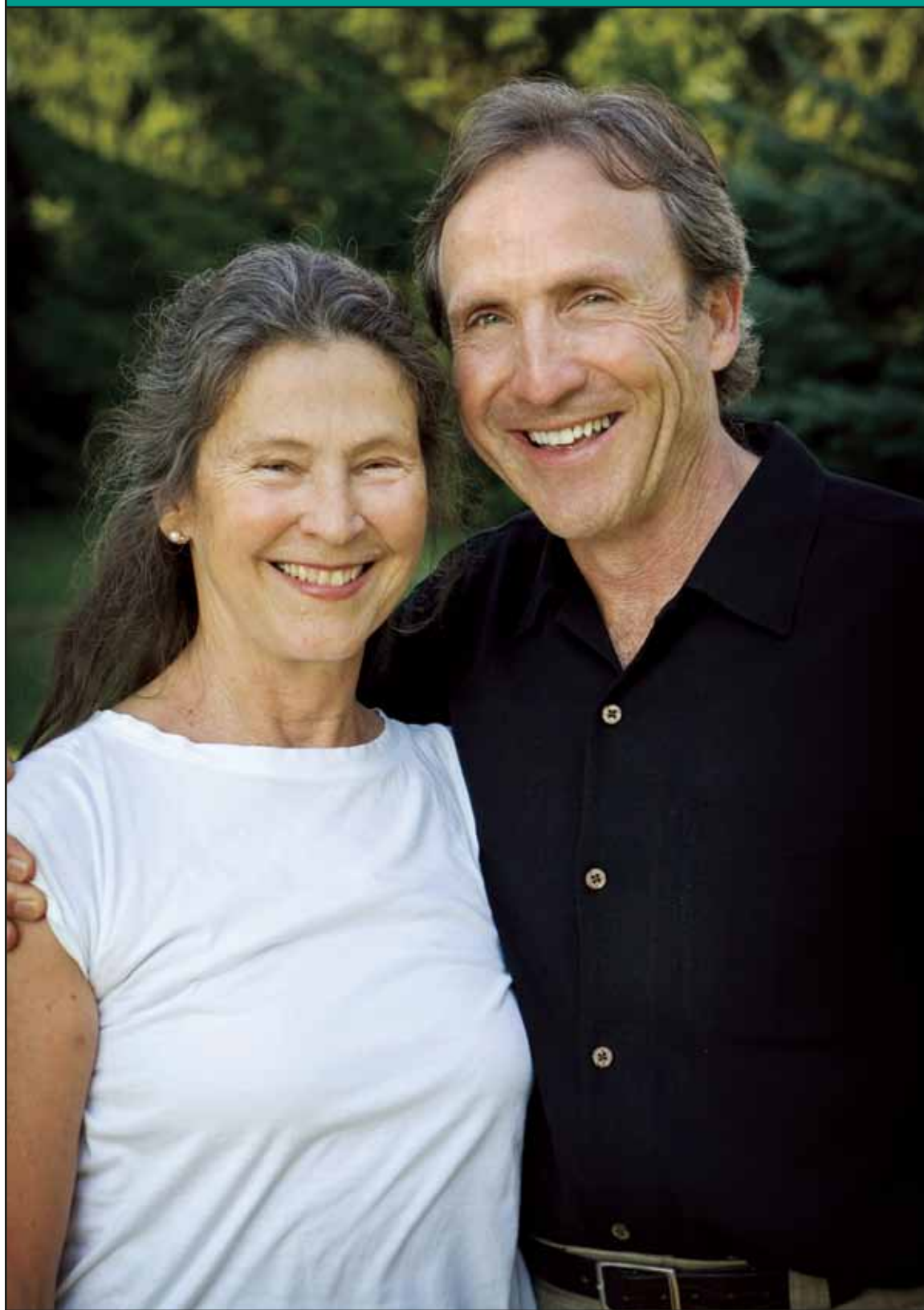


# The Crazy Wisdom Interview with Karen and David Ufer on the Gifts of a Lifelong Practice of Yoga



Ann Arbor's Leading Yoga Couple Talk about Parenting and Marriage, Graceful Aging, and Transformation

*(Karen and David Ufer are long-time, deeply rooted Ann Arbor yoga teachers. They are well-known and well-liked, and widely respected. They have both been teaching yoga since 1984, and were certified in 1993. Karen, 63, runs the Yoga Focus studio on Packard, and both of them teach classes there. David, 59, is also an owner (with his brother, Tom) of the Ufer Group, Inc., an insurance business.*

*The Ufers are the parents of two grown sons: Ben, 32, and Evan, 29. Ben and his wife, Lara, live in Manhattan with their young son, David James. Ben works in banking. Evan and his bride-to-be, Rachel, live in Chicago, and Evan is in the graduate school of business at the University of Chicago.*

*Karen was raised in a small town in Wisconsin. She moved to Ann Arbor (from Vermont) in 1974, and graduated from the U of M. David grew up in Ann Arbor, and then graduated from Indiana University in 1973, having majored in History and Religion. His father, Bob Ufer, was the much loved voice of Michigan football from 1946-1981.*

*The Ufers were married 34 years ago in the backyard of the house they still live in -- a beautifully restored farm house on 100+ acres west of town. Their dog, Charlie, was the only one in their wedding party -- he wore a white bow tie. The photographs that accompany this interview were taken at their home.)*

**Interviewed by Bill Zirinsky  
Photography by Rachael Waring**

**Bill Zirinsky:** Karen, please tell us the story of your early yoga practice.

**Karen Ufer:** I took my first yoga class at the Ann Arbor YMCA in 1975. A friend, Dale Simmerman, recommended yoga to help my lower back pain. The class helped almost immediately, but quite honestly, I then only practiced when my back hurt. Gradually, both the compelling method and philosophy as taught by Mr. Iyengar's teachers at the Y motivated me to practice. I remember being told by one of my teachers, Susie Vidrih, after showing up for my third class one week, to go home and practice. It was devastating, like being thrown out of the nest. It was also the beginning of a commitment.

**Bill Zirinsky:** David, what is the story of your yoga practice back in the 1970's?

**David Ufer:** As one of the first yoga teachers in Ann Arbor in the mid-1960's, Barbara Rose shared her love and understanding of the practice with friends and students at the Ann Arbor Y. When Barbara left town to join the newly formed Peace Corp, she asked Mary Palmer to carry on with the teaching. A gathering of students joined Mary and began practicing together. This group included Priscilla Neel, Barbara Linderman and soon thereafter, Susie Vidrih. On a recommendation from across her dining room table from the world-renowned violinist, Yehudi Menuhin, who was in town to perform at Hill Auditorium, Mary, soon thereafter, flew to India to study with Mr. Menuhin's yoga teacher. Upon her return, she persuaded the Y to invite this relatively unknown 50-year-old from Pune, India by the name of BKS Iyengar, to come to Ann Arbor. These 1973

classes at the Ann Arbor Y would become the first to be taught by Mr. Iyengar in the United States.

In 1972, I was a hippie playing water polo on the Indiana University team, when a leg injury ended my athletic career. After college, I returned to Ann Arbor to attend business school, coaching the Y swim team on the side. It was now a few years after the accident, and it was becoming evident to me that I needed to do something about my leg, as a dull ache in my leg and hip never seemed to subside. Physical pain is a good motivator. With encouragement from a dear friend and co-worker at the Y, primarily to rehab my leg, I enrolled in a beginning yoga session.

I began studying with Priscilla and Susie and also Mary and Barbara, and when Mr. Iyengar returned again to Ann Arbor to teach, I took my first class with him and witnessed, first hand, this man's genius. In the basement of the old VFW, below Seva on Liberty St., old peanut shells on the floor and stale beer smells wafting from the bar, my life changed.

In returning to my hometown in 1973, little did I know I would be landing pretty much on the ground floor of what is now a world wide yoga movement.

**BZ:** When did each of you begin to teach?

**Karen Ufer:** I applied for the teacher apprenticeship program at the Ann Arbor Y in the early 1980's. There was no formal certification program in those days. We were required to take a class, observe a class, and assist in a class for 2-3 years with a senior teacher. My first teaching experience was to be the substitute for my teachers when they went away. You can imagine how thrilled folks were to see the apprentice in the front of the room. I started *Yoga Focus* in 1995, but taught first at the Ann Arbor and Jackson Y's as well as the Ann Arbor and Saline Recreation Departments.

**David Ufer:** After eight years as a student in their classes, I began to apprentice with these same teachers at the Y, observing and assisting. With Susie's encouragement, I conjured up the courage and confidence to share my practice in front of a group. In 1984, I taught for the first time for the Parks and Recreation Community Program at Bach School, and soon thereafter began to also teach for the Y. In 1994, when Karen established her studio, *Yoga Focus*, with Ada Cowan, I was pleased to be asked to also join her teaching staff.

**BZ:** Your boys are now adults. How did your practice of yoga work around your parenting when the boys were young?

**David Ufer:** Their mom and I probably embarrassed them from time to time when one of their friends would come over, and Karen or I was in head balance. We were together at the Y Yoga Camp Al-Gon-Quian, on the shores of Burt Lake in Northern Michigan, for a short time each summer --for ten years-- when Ben and Evan were quite young. I heard Fred Rogers say shortly before his death, "Our culture values information over wonder and activity over silence." Anyone who has experienced the August Northern lights over Burt Lake, or a walk through the Pines to bubbling brook, knows about wonder and silence. Yoga and parenting both, from time to time, value wonder and silence.

Practicing yoga postures is a matter of hearing – the ear – must listen to the body to know if the body is ready to go further. Is this not also a valuable practice as a parent?



**There is no prescription for graceful aging. I hope to keep practicing (yoga) in some way until the day I die. Someone once told me just think how easy the poses will be when we drop the physical body! Maybe that is heaven.**

--- Karen Ufer

**Karen Ufer:** Our sons, now grown, never knew a time when we were not involved in a home yoga practice. I do remember when their friends came over, we were under strict orders to not wear our yoga shorts or stand on our head. Life never stops, so sometimes that meant helping quiz our kids on spelling while doing standing poses. Perhaps this was early multi-tasking.

**BZ:** Can you remember back to stories or anecdotes that reflect on the ways in which your yoga practices were interwoven with your parenting?

**Karen Ufer:** The practice of yoga teaches the development and art of giving attention. That simple definition is the first understanding I had of yoga and it stands the test of time. Parenting also requires constant attention, being present. Our kids must have recognized something about attention, too. I remember a day when I was particularly crabby and one of our sons asked if I had done my yoga practice yet! More importantly, I think they saw the value of discipline and commitment by example and not by imposition.

**David Ufer:** Could the whole Star Wars Saga not be included? It had such appeal as a religious-myth story. Luke Skywalker was on a lifelong quest for personal meaning, his search for a family. He moves into a new reality, which is an understanding of the Force as some concept of good. In the process he finds a new family. At its heart it is a tale of conversion and redemption. George Lucas's group put together a story that speaks to the human thirst for meaning and connection, human connection.

The root of the term yoga, in Sanskrit, is yuj, to join, connect, to unite. Whether it's from Carl Jung or George Lucas or BKS Iyengar, the observation that one can never understand the true nature of light, or grace or love until one has taken a good look at the darkness is spot on. The practice of both parenting and yoga, if we are paying attention, reveal to us our own "black holes".

Continued on page 36



**BZ:** And, more generally, any thoughts about couples practicing yoga together?

**David Ufer:** I say practice yoga. Together, alone, 95 degrees temp, or 5 degrees temp, early, late, for richer or poorer, practice yoga.

--- David Ufer

# The Crazy Wisdom Interview with Karen and David Ufer on the Lifelong Practice of Yoga



Marriage is a daily practice of being conscious.  
Anyone can do a vacation well.

--- Karen Ufer

Continued from page 35

Both of our sons are good athletes. I hope the many hands-on leg stretches and hip openers, before and after track events and tennis matches, are as fond memories for them as they are for me.

**BZ:** What might you like to share with us about your yoga practices in the next phase of your lives -- in the 80's and 90's?

**Karen Ufer:** When you are not a kid in your 20's and 30's, the study of yoga moves beyond the physical, the muscular. The technique is important but is not the end itself. The first time I went to India, I realized that I could not possibly absorb it all. The sheer expansiveness of the subject was beyond the grasp. Strangely enough that was a relief. To have a lifetime to study and never run out of discovery! The inside joke in yoga is that the stiffest muscle in the body is the brain. We all get that one.

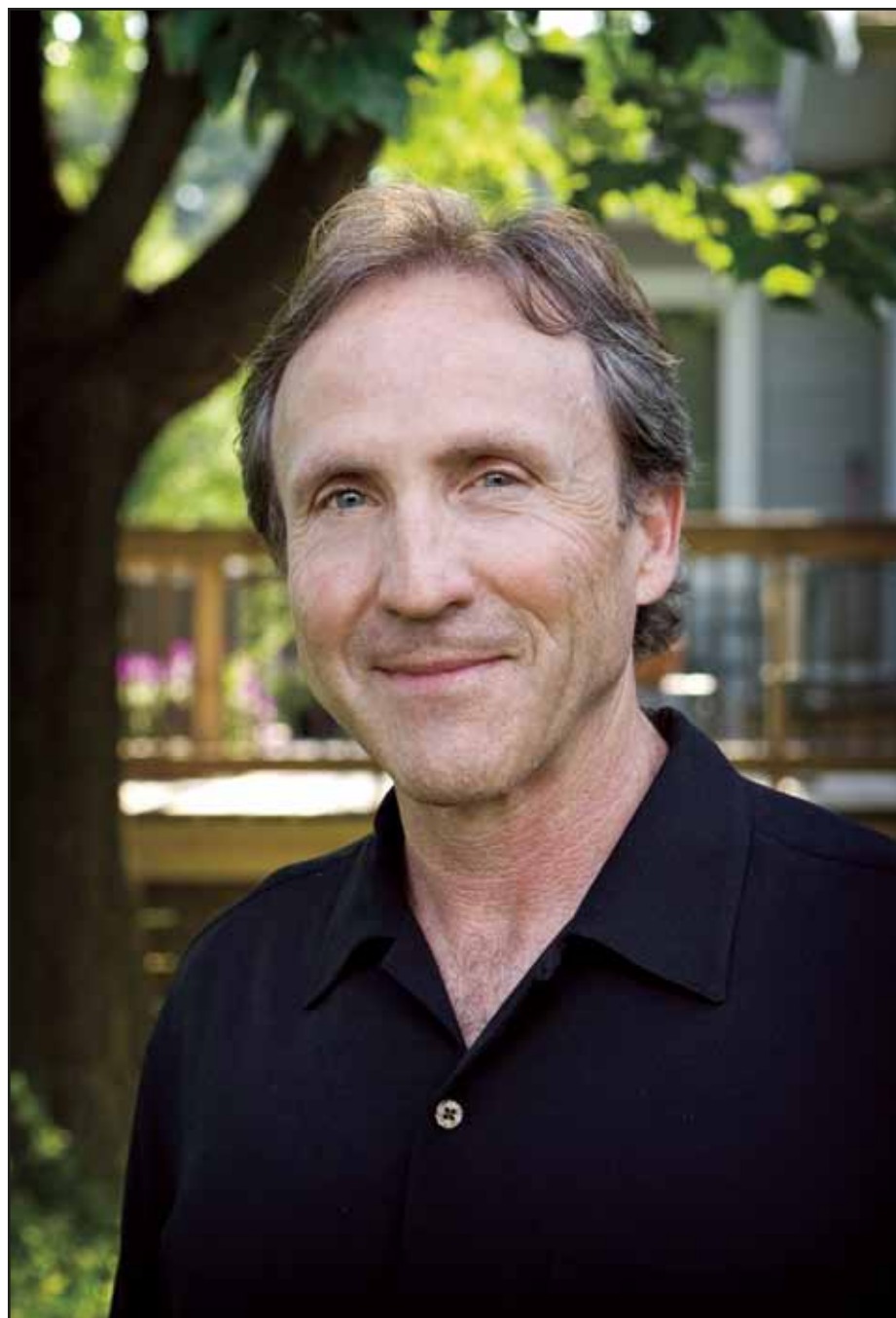
**David Ufer:** Being a student in daily classes taught each day by Mr. Iyengar at his home yoga institute in Pune, India in the 80's and then with his daughter, Geeta Iyengar, in the 90's, are memories I cherish. Although we did not attend intensives together because of parenting responsibilities, Karen and I took turns. Through these years we both had the privilege of learning at a site that carries Mr. Iyengar's wife's name: *The Ramamani Iyengar Memorial Yoga Institute*. Ann Arbor's Mary Louise Dunn, whose teaching lit up the last quarter century for so many in the US and around the world, continues to inspire after her passing. Manouso Manos and Lois Steinberg, who began to teach workshops here in the 80's and 90's, are remarkable senior teachers in the Iyengar tradition, and they have continued to return to teach here in Ann Arbor each year.

**BZ:** You two are, arguably, Ann Arbor's leading "yoga couple"—that is, you both teach yoga, you teach at the same studio which Karen founded, and you've been married for a very decent interval. How has yoga affected your relationship? You, first, David. And then Karen.

**David Ufer:** I don't know. I say that with a smile because in the 34 years we have been together there has never been a time when yoga was not in our lives. We didn't meet in a yoga class, but we well could have as we both began as students about the same time. When asked why he practices the yoga asanas or postures, B.K.S. Iyengar once answered, "Because of how I feel after my practice." This rings true to me and to experience that feeling with someone whom you love is a pure joy. Karen made a business decision in 1994 to open her own yoga studio. At the time she set up her own business plan and has adhered to that plan quite successfully. As a person who has participated in the business community for over 35 years, and has seen many locally owned business come and go, I respect what she has done.

**Karen Ufer:** Marriage and yoga is perhaps the most interesting and the most elusive. We rarely practice together and yet the practice is pervasive in our conversation. Not the conversation about technique, that can always be learned, but more about daily observations: learning from mistakes, opportunities missed or taken, a new thoughtfulness, a stiff brain response. There is a continual balancing act for each of us between distraction and consciousness. By definition, habit is not conscious practice. Marriage is a daily practice of being conscious. Anyone can do a vacation well.

**BZ:** And, more generally, any thoughts about couples practicing yoga together?



We learn to stretch the arms and legs in practicing yoga, to twist, bend and invert the body and to breathe more fully, all of which benefit the bones, muscles, nerves and glands. Every bit as important, if not more so, is the benefit of practice to the mind. We challenge the mind, so often dwelling in the past or anticipating the future, to focus on the present.

--- David Ufer

**David Ufer:** I say practice yoga. Together, alone, 95 degrees temp, or 5 degrees temp, early, late, for richer or poorer, practice yoga.

**Karen Ufer:** I am enormously grateful we both study and practice yoga. It gives our marriage a strong, common bond I could not do without. To be honest, a daily practice of anything together creates bonds of understanding. Yoga is not the answer for everyone. I also believe that one partner can support and appreciate the practice of yoga by the other.

**BZ:** When in the day do you each practice yoga?

**Karen Ufer:** I practice in the mornings when I do not teach. In the afternoons I do inversions. Many days I practice both times. Continuous time away from teaching is wonderful because then I am practicing and learning for myself. I can check in and decide what I need and not what I have to do. But time has to be put into the practice to have options: what to do for stiff hips, what for fatigue, what for a sore back. There are no guarantees. Just because you practice does not translate to a long life. It would be wrong practice to allow yoga to make you feel invulnerable or inhumane. I regularly talk to one of my first teachers, Susie Vidrih, who in each conversation is still teaching the art of practicing life at 80 years old.

**David Ufer:** I practice early morning before my workday, and depending upon my teaching schedule will practice again either midday or in the early evening.

**BZ:** I'm in my 50's and finding my body stiffening and my joints becoming less fluid and cushy. Have you both been able to escape those particular ravages of aging? And with respect to other long-time practitioners that you know, does it appear that a lifetime yoga practice gives you a "get out of jail free" pass when it comes to the physical wear-and-tear of aging?

**Karen Ufer:** I recognize lots of changes as I age. We all do. Yoga can not stop the aging process but it gives us both tools and hope. Strong legs go a long way in coping with age but so does attitude. Yoga is not a quick fix in the sense of being a fad or a drug. There is no prescription for graceful aging. I hope to keep practicing in some way until the day I die. Someone once told me just think how easy the poses will be when we drop the physical body! Maybe that is heaven.

**David Ufer:** Maxine Tobias, an experienced teacher of yoga for many years in London, and author of *Stretch and Relax*, told me years ago that she sent her preliminary manuscript to Mr. Iyengar to edit. One of her opening comments in her first chapter was that "stretching is natural." Mr. Iyengar returned her manuscript with a red circle, indicating in the margin, "Ms. Tobias, to contract is natural; we must learn how to stretch."

**When you are not a kid in your 20's and 30's, the study of yoga moves beyond the physical, the muscular. The technique is important but is not the end itself.**

**— Karen Ufer**

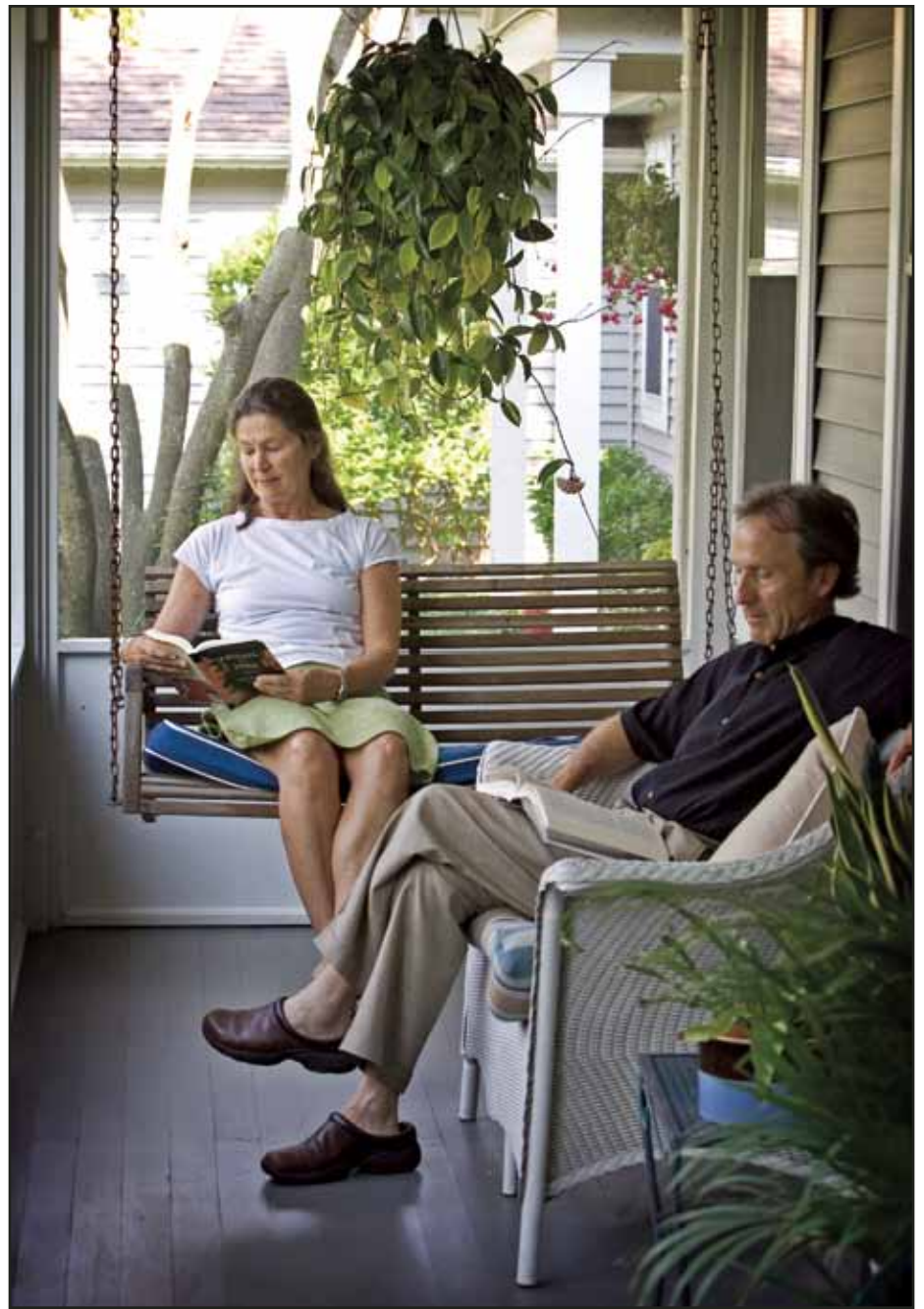
I have been asked, through the years, to teach classes for teams of young athletes and for groups who share a specific activity such as running. Those are fine and good but I must say I continue having the most fun sharing my practice as a teacher with a group consisting of 30-year-olds on mats next to 80-year-olds on a mat next to 18-year-olds on a mat next to 50-year-olds. Those yoga students in their later years continue to inspire. They are my heroes. The body does stiffen, the joints do become less fluid, for most that are fortunate to live long lives. Perhaps it is true when some say, "Yoga just may be able to cure what we cannot endure and help us to endure what we cannot cure." That said, after all these years, I still love monopoly.


**BZ:** David, I remember a conversation we had in which you discussed the way in which yoga has increased your flexibility, not just in the physical sense, but in the interpersonal and emotional realms. Please elaborate on that for us?

**David Ufer:** I do sometimes wonder how these hips could still be this stiff after years of practice. Then I think how these same hips might feel if I had NOT been practicing and I am somehow, perhaps oddly, grateful for the level of stiffness that is there now. Some are mistaken in believing that a strong flexible spine is a prerequisite to the practice of yoga when in fact, a strong flexible spine is the result of the practice.

We learn to stretch the arms and legs in practicing yoga, to twist, bend and invert the body and to breathe more fully, all of which benefit the bones, muscles, nerves and glands. Every bit as important, if not more so, is the benefit of practice to the mind. We challenge the mind, so often dwelling in the past or anticipating the future, to focus on the present. Uninterrupted

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# The Crazy Wisdom Interview with Karen and David Ufer on the Lifelong Practice of Yoga

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concentration on what is before us now, this moment, is a practice of mindfulness. This focus is not easy when change is such a constant in life. And with change so difficult for most of us, the ability to transform ourselves may be viewed as simply another definition of flexibility. So even if our hips are still tight, our flexibility, that is our ability to embrace or at least resist change less, may be improving.

Yoga is a tool for transformation on so many levels. Let me share one of Mr. Iyengar's many eloquent aphorisms -- "extension brings space, space brings freedom, freedom allows for precision, precision is truth and truth is God." His words suggest yoga as spiritual practice in physical form. So what may start out as an external practice may become, with time, an internal exploration. We may find this journey brings about change in how we treat and respond to ourselves and to those around us.

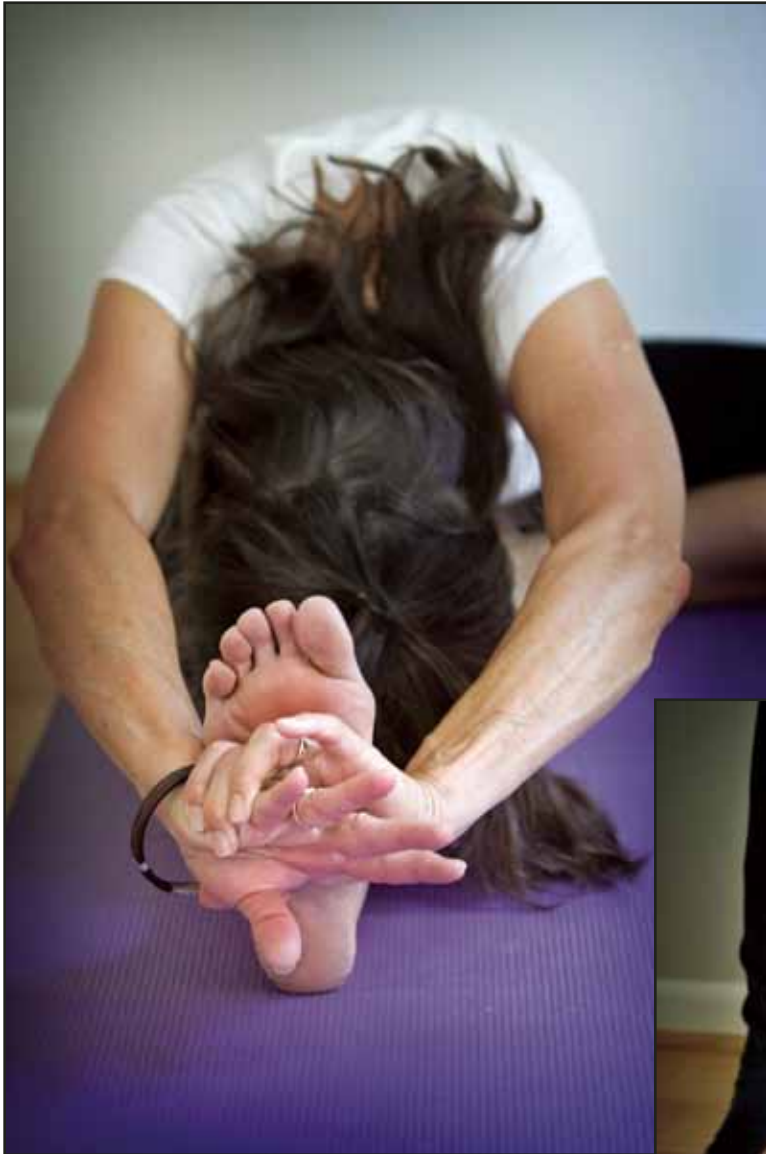
**BZ:** Karen, what are the gifts for you at this point?

**Karen Ufer:** At this point in my life, I feel more appreciative. I read that one definition of happiness is the ability to feel gratitude. Think about the last time you felt pure gratitude and it translates as contentment. Conversely, we all feel distractions and negativity. Those can become the pattern of our responses. That pattern creates a physical and emotional imprint. The practice of yoga can transform. What a relief there is something more out there than our desk. Understand we need our desk but do we not all want something more?

**BZ:** Karen, how has your yoga practice challenged you the most?

**Karen Ufer:** The challenges of yoga are many. But first and foremost there is the aspect of will. Each practice calls upon the will. To say another way, can the determination be found to continue to practice, to do the pose again, to be challenged by a difficult pose? Mr. Iyengar has said that when we practice we should be humble, playful and bold. What a dynamic combination! Perhaps one day there is no boldness or the practice is not humble or playful. So your determination and will makes the shift to experience an ethical and balanced practice.

**BZ:** David, the Ufer family is a well-known Ann Arbor family, to say the least. Thirty-five years ago, yoga was somewhat more "far out" than it is today. Did your parents appreciate your "second career" as a yoga practitioner and teacher?



I am enormously grateful we both study and practice yoga. It gives our marriage a strong, common bond I could not do without. To be honest, a daily practice of anything together creates bonds of understanding.

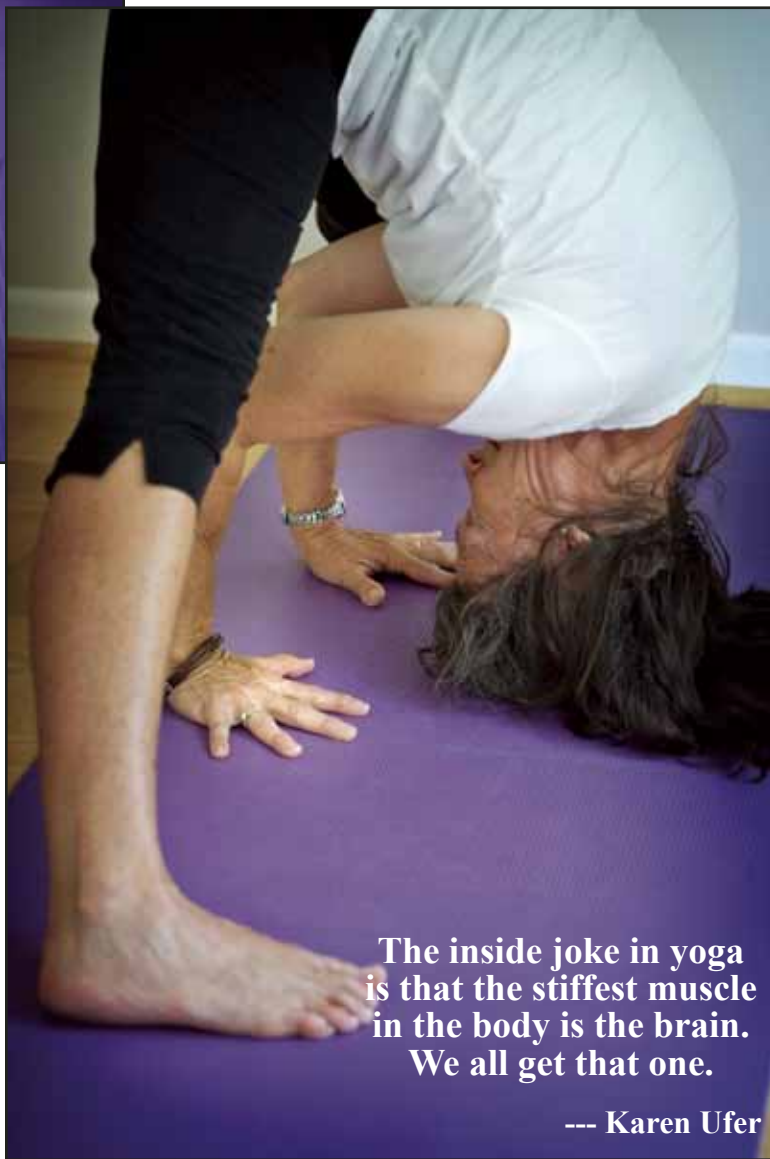
--- Karen Ufer

**David Ufer:** Both of my parents, independent of one another, which is how they lived the majority of their adult life, briefly involved themselves in the practice of yoga. Unfortunately, both of them were living with serious health issues when they first put their toes in. To this day, I don't think I have seen a more colorful outfit in a yoga class than my father's well worn madras pants that he wore to a class at the Y one spring evening in the late 1970's. Those were his favorites, and I think he truly felt they might just, somehow, help those tight hamstrings of his in *supta padangustasana*.

My mother embraced the practice of restorative poses in the years just before her passing from cancer in the late 1980's. She was a student in classes for a couple of years. Karen's love and attention, hands on, assisting my mother with the poses that brought some relief to her in those last months of her life, are etched in my memory.

**BZ:** And over these decades, did you sometimes have to create a "bridge" of understanding between your father's world of football and the decidedly less mainstream yoga world? Any anecdotes?

**David Ufer:** Anyone, over time, who continues in a practice comes to



The inside joke in yoga is that the stiffest muscle in the body is the brain. We all get that one.

--- Karen Ufer

understand in his or her mind and heart, if sincere, that discipline is not the enemy of enthusiasm. I met Mr. Iyengar for the first time picking him up at Detroit Metro Airport as he was arriving here from India. I was 25 years old and alone in the car with him returning to Ann Arbor. I asked him, as I remember back, some pretty lame questions, but I did manage one that engaged him, got his eyebrows dancing. I asked him if he had attained perfection in his practice of yoga. He answered me that perfection was not

attainable, that perfection was not the goal. His practice however, he said, was leading him to an ever clearer understanding. At least that is how I remembered it years later when a friend shared a quotation attributed to the legendary Green Bay Packer Coach Vince Lombardi that read, "Perfection is not attainable but in chasing it you may catch excellence." Is there a need to create a bridge?

Before his return to India later that month, Mr. Iyengar signed for me a copy of his book *Light on Yoga*. I did not expect what he had to say to me. He wrote, "David, life is a struggle so struggle in the practice of yoga." I knew from the beginning, when we first met and I was his student, that I was in the presence of someone who possessed a truly rare gift. Here was a man who was not only passionate about the subject of yoga but who lived yoga. And he had the unique ability to kindle the flame in others.

In my father's world of football, two of the greatest collegiate football coaches of all time, Fritz Crisler, the head coach at U of M when my father began broadcasting in the late 1940's, and Bo Schembechler, who coached the U of M team the last 12 years of my father's life, both possessed that same gift. My father loved the contest and Fritz and Bo epitomized what my

father valued: strict adherence to practice and discipline, an unabashed love of the game. Don Canham, his good friend and Michigan Track teammate, said about my father at his passing, "Bob was fortunate, he had something in life that completely captivated him, which he was totally passionate about." If there is a writer, composer, yogi, musician, football player or coach who has not struggled, there is a soul lacking in passion. The bridge of understanding, in my eyes, never had to be created. It was already there.

**BZ:** You and your brother own a well-established insurance company in town. How has your yoga practice made you a better businessperson?

**David Ufer:** I don't know. Through all the years I have been in business with my brother, which is now over 30 years, I've been practicing yoga. Sometimes I don't know how we have remained together all these years but we have. I'm very thankful and grateful for that. Jim Weir, for years a loving husband, father, and grandfather who was also an avid tennis enthusiast here in town, when asked what he did for a living, would respond with a smile, "I sell a little real estate between tennis matches." I've borrowed Jim's line with slight variation but I imagine, a similar smile, many times.

**BZ:** Karen and David, what are you most relishing about life these days?

**Karen Ufer:** The relish of life seems to be more rewarding the relishes. What a great job we all have to be life long learners. I am a better person, a better partner, a better mother and a better friend when I continue to learn. We all make mistakes. What happens next after that matters. My first teacher, Mary Palmer, was famous for saying, "Carry on dear." Think of all that means, especially the 'dear' part.

**David Ufer:** Good health. Beginning and ending most everyday with my closest friend. Witnessing both of our grown sons falling in love with dear people and embarking on the next chapter in their lives. Being a grandfather. My friends.

**BZ:** Karen and David, let me ask you about the seasons. What do you most look forward to about spring and summer in Ann Arbor?

**David Ufer:** Living in this region with seasons, I look forward in Spring to the color green. Walking on firm ground, hearing the songbirds with no ice or snow to navigate. Getting my bicycle out of the garage for the first time with the pavement dry, just as I did back in third grade on Granger. Walking out of the Michigan Theatre at night after seeing a great film and not freezing. Swimming in the pond and in Lake Michigan.

**Karen Ufer:** Spring and summer in the Midwest is all about green. I read somewhere about how hard it is to live out West and give up the color green. We have lived in the country outside Ann Arbor for almost 35 years. The small changes in season, like when the goldfinch turns gold, are observed every year like small celebrations. We both grew up in the Midwest so the landscape of meadow, woodland and pond is very comforting.

**BZ:** Karen, what do you look forward to about fall in Ann Arbor?

**Karen Ufer:** I love the change of seasons. We in the Midwest often have at least two seasons in a day. However, that does not seem to prepare us to like change in general. In fact, most of us resist change. Many philosophies say, in one way or another, that the only constant is change. Since this interview is about yoga, Mr. Iyengar talks about yoga being in this moment and then in the next. The challenge of being present by definition requires not living in yesterday or tomorrow. Asana is the actual physical pose. Yoga is the ability to live in the commotion of change. That may be the hardest pose of all.

**BZ:** David and Karen, you are always reading interesting books. Would either of you like to tell us about a few books you've loved in the past couple of years.

**Karen Ufer:** David and I often read the same book. Once we did the unforgivable and tore *The Mists of Avalon* in half to be able to continue reading it at the same time. I love historical fiction and biographies. Just now I am reading *Abigail and John (Adams), Portrait*

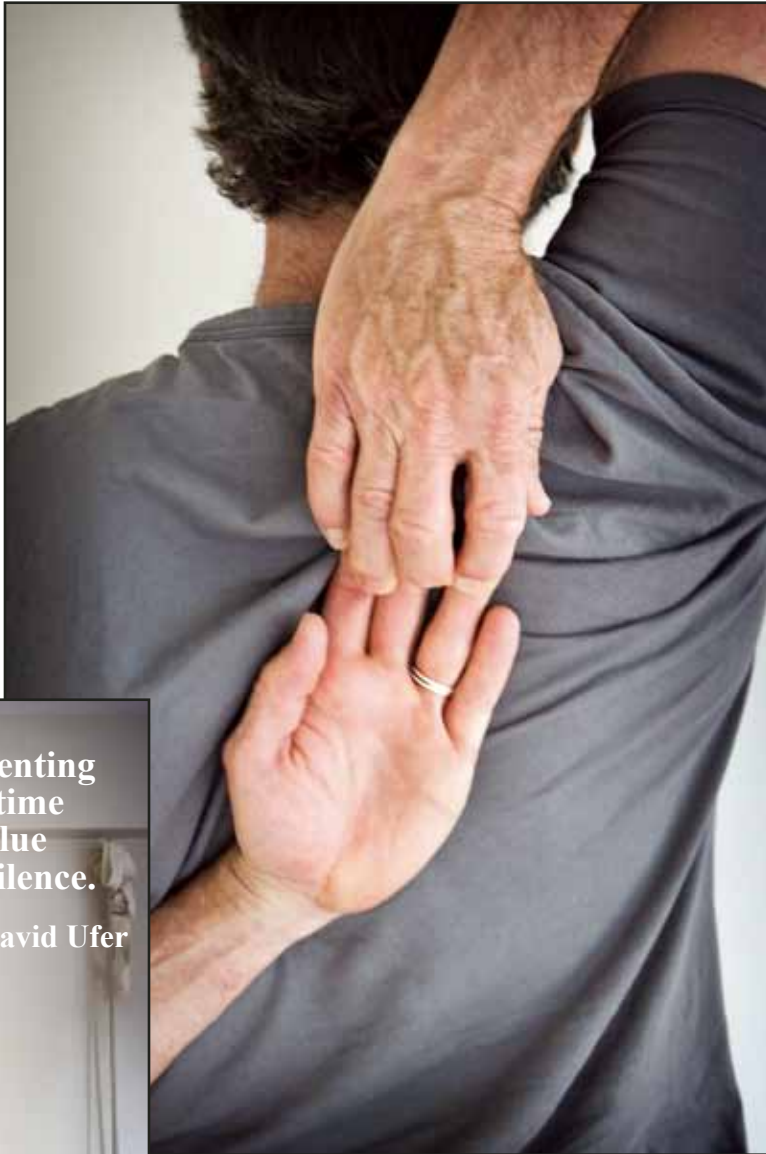
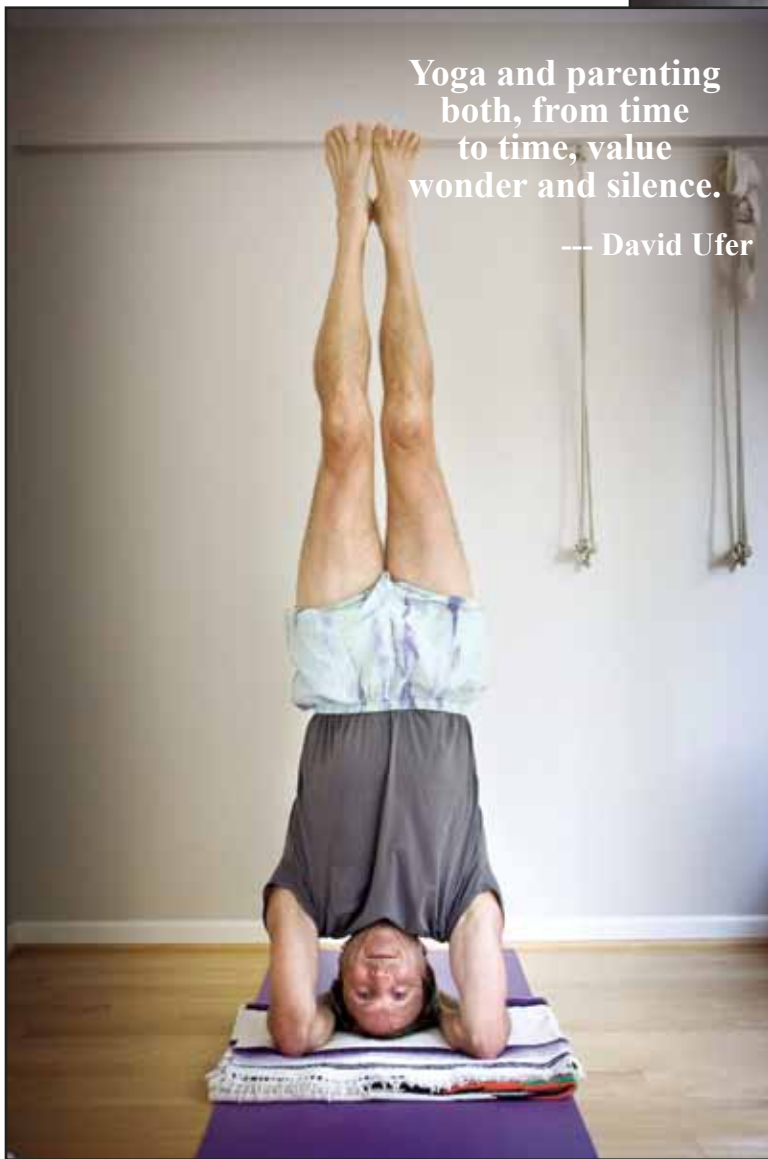
Whether it's from Carl Jung or George Lucas or B.K.S. Iyengar, the observation that one can never understand the true nature of light, or grace or love until one has taken a good look at the darkness is spot on. The practice of both parenting and yoga, if we are paying attention, reveal to us our own "black holes".  
--- David Ufer

of a Marriage by Edith Gelles. My favorite book in the last year was *The Elegance of the Hedgehog* by Muriel Barbery.

**David Ufer:** Muriel Barbery's *The Elegance of the Hedgehog*, David Wroblewski's *Edgar Sawtelle*, and John Knowles' *A Separate Peace* are the last three books I've read. In regard to the past couple of years, among others, I have particularly enjoyed Ann Arbor's own authors: Nicolas Delbanco's *Old Scores* and *Spring and Fall*, Charles Baxter's *Feast of Love* and Elizabeth Kostova's *The Historian*.

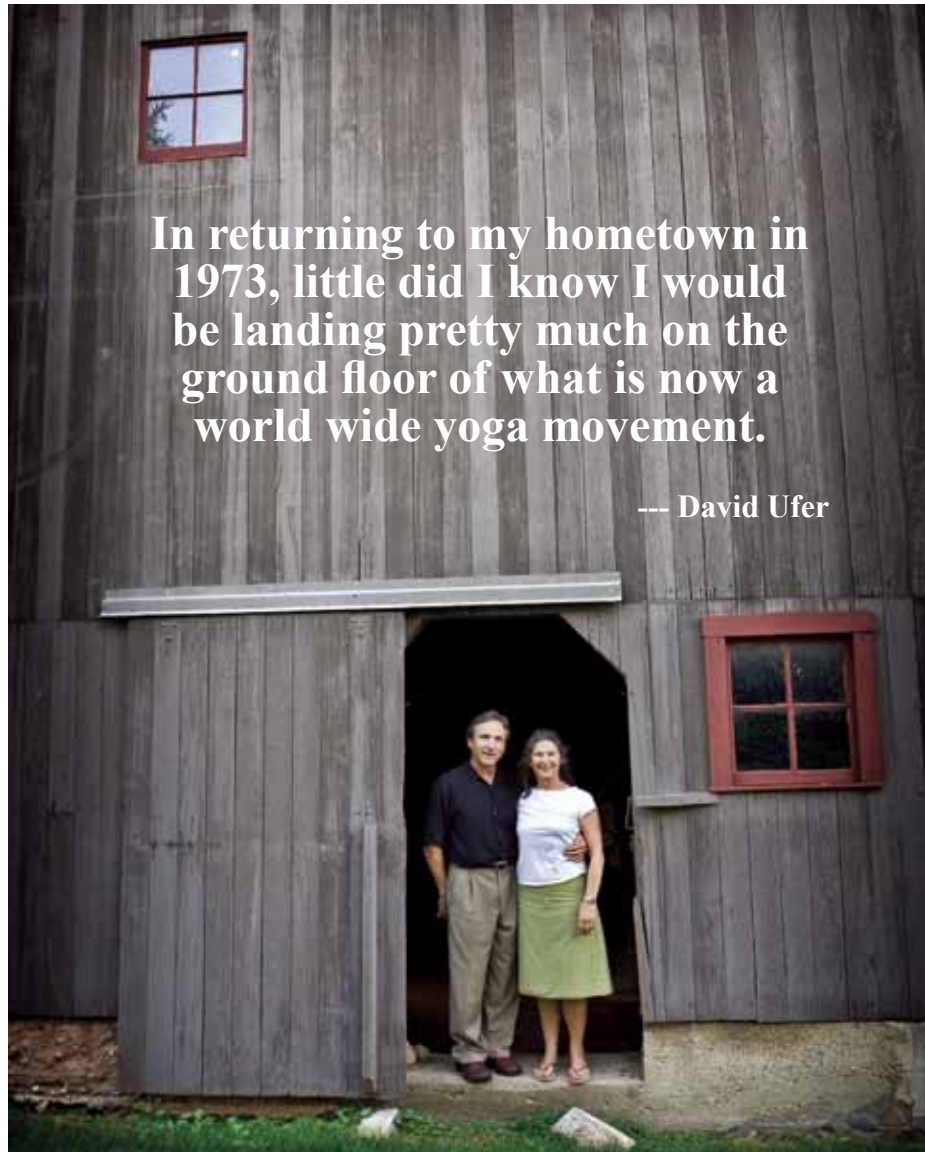
**BZ:** Anything else either of you would like to add?

**Karen Ufer:** I want to acknowledge the gratitude I feel to my first teachers: Mary Palmer, Priscilla Neel, Susie Vidrih and Barbara Linderman. They, and especially Mary, did some serious arm twisting and convinced the Ann Arbor Y to sponsor Mr. Iyengar to teach at the Y. Can you imagine this -- a Hindu, Indian man in shorts, teaching yoga at a local YMCA in the Midwest when yoga was barely known? We actually stood on our heads in the diag to promote his visit! Those early teachers recognized the brilliance of his teaching and this system. The rest of us were the lucky tag-a-longs. Those early teachers practiced diligently, studied in India, and brought the teachings back. Further, we are indebted to our current teachers, Manouso Manos and Lois Steinberg. None of the above would have been possible without the lifelong practice and dedication of Yogacharya Sri B.K.S. Iyengar. He developed the brilliant use of props to help us learn the poses with our bodies, and continues to show us and ask us to practice with our hearts.



# The Crazy Wisdom Interview with Karen and David Ufer on the Lifelong Practice of Yoga

Continued from page 39



In returning to my hometown in 1973, little did I know I would be landing pretty much on the ground floor of what is now a world wide yoga movement.

--- David Ufer

Our sons, now grown, never knew a time when we were not involved in a home yoga practice. I do remember when their friends came over, we were under strict orders to not wear our yoga shorts or stand on our head.

---- Karen Ufer

**David Ufer:** Karen and I will receive letters, yes, hand-written with beautiful penmanship, from our first yoga teacher, periodically, in the mail. Ever the teacher, now in her 80's, Susie Vidrih lives on the West Coast with her husband, Bill. She continues to share. Her most recent, sent some weeks ago, went something like this, "Tell everyone that if they are looking for the meaning of life or truth, they will not find it. Yoga has to be for the joy of the moment. The only truth you know is yourself and you will find yourself, you will meet yourself in your practice of yoga. Love, Dogwoman."

###

## We pay bloggers and writers

We are looking for good articles and interesting blogs about the holistic scene...reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.



For more info, be in touch with [bill@crazywisdom.net](mailto:bill@crazywisdom.net)

## Develop the Healer Within You!

### THE ACCELERATED HEALER DEVELOPMENT PROGRAM

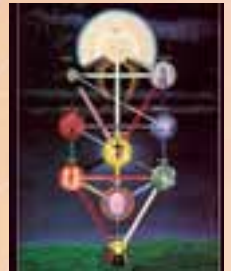
Legal UCM Certification

**Enroll: Healer 101 Sept. / Accelerated HDP Oct.**

*Spiritual Healing Gets Results by Treating the Cause of Disease*

*Certifying intuitive people as legally accredited UCM Healer Practitioners throughout the USA and Canada.*

*Rapid-effective techniques for spiritual healing/self-actualization*



**LEARN TO HEAL:** ♦ Traumas from present or past life



♦ Physical, Emotional, Mental or Spiritual disease ♦ DNA and Hereditary Diseases ♦ Planetary and Societal Healing ♦ Adults, Children, Animals, Families

♦ **Attend classes in person, by phone or live internet**

**TRAINING INCLUDES:** ♦ *Work with Ascended Master Teachers, Spiritual Surgeons, Archangels, Qabalah,* ♦ *5 private healings with Eve Wilson* ♦ *28 3-hr. classes meet every other week for 13 months* ♦ *Scheduled on a week night that works for all students* ♦ *Syllabus & costs available by request (affordable)* ♦ *High teacher to student ratio*

### Healer Development 101 - September

Begins in Ferndale Wed 15th / in Ann Arbor Thur 16th  
6 evenings 7 – 9:30 PM Cost \$250

Intuition, Inner Wisdom, Sacred Space and Energy Boundaries, Guardian Angels & Gate Keeper Guides, Chakra Tuning, Purifying Water, Power Animals, Intro to Qabalah and Aura Reading. **Enroll Now**

#### Accreditation:

The Accelerated Healer Development is accredited by UCM, Michigan Nurses, NCBTMB, Healer Development 101 and Reiki are accredited by NCBTMB

Eve Wilson UCM Healer Practitioner

a natural psychic/intuitive is able to perceive the body's aura and clearly interpret the information it holds about a person's life and health. Since 1986 Eve has been the creator and director of The Healer Development Program, an ordained UCM Minister, Healer & Reiki Master. She is recommended by psychologists, nurses, and doctors.



**Private Healing Treatments Available!**

### TREATMENTS AND CLASS INFO

**248.545.3928 Royal Oak, MI**

**[www.SpiritualHealers.com](http://www.SpiritualHealers.com)**