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[Club Scene @ Metro]



Metro yogis strike the warrior pose at Metro Yoga Club's retreat held on a Saturday in Griffith Park. Pictured are, from left, Michael Pan, Nyguen Tham, Jennifer Gill, Michelle Jackson, Mary Morgan, Avital Shavit, Yoga Instructor Jillian Szafranski, Elvira Broida-Shirk(back row), Karla Duran, Salida Kaing, Shane Allen and his daughter Sarah Allen and Maria Duran. *Photos provided by Karla Duran.*

Metro Yoga holds first-ever retreat on a Saturday in Griffith Park

Contributed by Karla Duran

(July 30, 2009) Metro Yoga held its first-ever retreat June 27 at the shady Ferndell section of Griffith Park. Some 30 people - Metro employees, friends and family - participated.

Avital Shavit, Maria Dolores Ramos, Garth Garret coordinated the event with many others contributing to the retreat's success, said member Karla Duran. "Club founder Shavit brought her cart filled with extra yoga mats, blocks and straps for those who don't have one or simply forgot to bring their own," she said.



The Metro Yoga Club was formed in January 2008 with Shavit, and co-worker Nicole Casalino organizing a noontime class for club members.

Jillian Szafranski, a certified Yoga instructor, was invited to design and teach the class -- an hour-long class of Yoga poses that feature stretching and energizing breathing techniques that simultaneously increase energy levels while reducing the effects of stress.

Karla Duran, who has been attending the yoga classes for more than six months, gave the experience high marks.

"I'm fairly new to Yoga, but I have to say it has changed my life," she said. "Yoga has done wonders for me! I have more energy and feel full of life."

The class, she adds, "is for beginners, intermediate and advanced yogis. All yoga positions start off basic and if you're up to the challenge, instructor Jillian will always say 'For those of you who want to take it to the level you can do this.'"

Metro Yoga meets every Tuesday and Thursday at noon and is suitable for all levels and open to all employees, said Metro Yoga coordinator Avital Shavit.

Wear or bring comfortable clothing. Mats are provided, or participants can bring their own. A modest fee is charged for those who want to attend just a single class or a series.

Metro Yoga retreat was a day of relaxation, hiking in the sunshine, and bring your own picnic lunch in the company of good friends:

- > 10:30 -11:30 Yoga stretching session
- > 11:30 a.m. Lunch break
- > 12:30 a.m. Choice of group or individual hike on Griffith Park's trails
- > 2 p.m. Yoga stretching session



For more information and meeting notifications, send an e-mail to Metro
Yoga coordinator [Avital Shavit](#).

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