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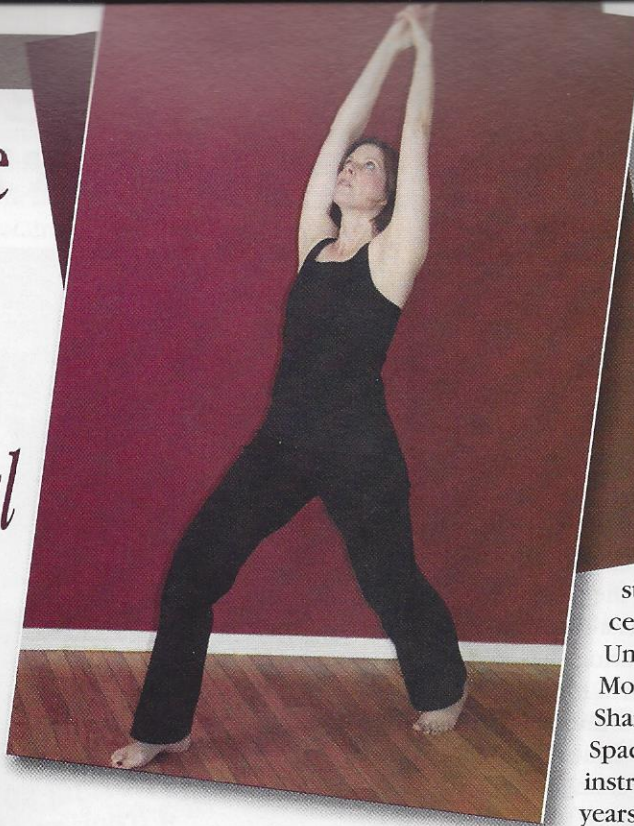
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Soo Bahk Do Karate & Wellness, Helping You Achieve a Physical and Spiritual Balance Through Karate and Yoga

By Melissa Krenek



connect the body and spirit. Linda Morey, Certified Master Instructor and the owner of Soo Bahk Do Karate & Wellness, is a 7th degree black belt and is also the highest ranking female member of the Soo Bahk Do style in the world. She opened her own studio in 1982, which is a certified member of the United States Soo Bahk Do Moo Duk Kwan Federation. Shari Czar of Infinite Heart Space LLC is a certified yoga instructor with fourteen years of teaching experience.

Soo Bahk Do Karate of Gillette is incorporating yoga and meditation through Shari Czar of Infinite Heart

Space LLC to create Soo Bahk Do Karate & Wellness and offer their clients a fusion of ancient ideologies that

"Yoga and karate share many of the same principles, and we are very excited about expanding our studio of traditional karate to include Shari's traditional style of yoga and meditation," said Michelle Cavett, Program Director and Instructor. The new yoga and meditation classes begin in March.

About Soo Bahk Do Karate

Soo Bahk Do Karate was created in Korea by Grandmaster Hwang Kee in 1936. His son, Master H.C Hwang, brought it to the United States. It is a traditional Korean martial art that focuses on the balance between the physical and spiritual self. It builds focus, agility and mobility through a defensive, non-contact style of karate.

Similar to other types of karate, Soo Bahk Do has various colored belts to signify ranking. The traditional four are white, green, red and midnight blue. Each color represents a season of change. White is winter, the time of innocence and hidden potential. Green is spring, the time for growth and advancement. Red represents summer, the ripening time. The last belt, autumn, is midnight blue and represents maturity. In 1975, Grandmaster Hwang Kee approved the addition of an orange belt, which signifies the transition period between white and green. These classes



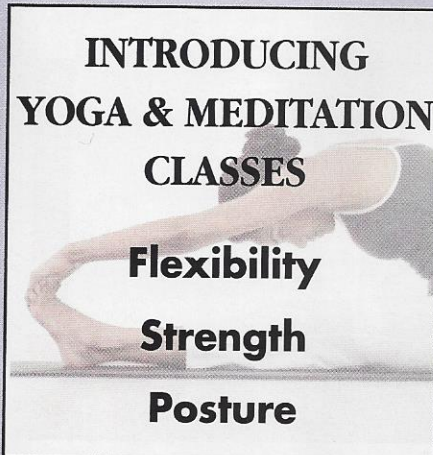
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About Hatha & Five Element Yoga

Yoga has been proven to reduce stress, improve cognitive function, and lower blood pressure and cholesterol. In addition, yoga is also said to improve sleep, and increase flexibility and bone density.

Shari is a certified yoga instructor in both Kripalu yoga, which is a form of Hatha, and Five Element Yoga. She has trained in meditation, positional therapy, and Chakra work. She is a member of the Kripalu Yoga Teacher Association and the Yoga Alliance. Kripalu yoga is also known as "gentle yoga," and is taught with a compassionate approach, with emphasis on meditation, physical healing, and spiritual transformation. Hatha yoga represents opposing energies, the sanscrit translation literally meaning sun "ha" and moon "tha." Just twenty minutes of hatha yoga can improve cognitive functions such as memory and focus. These classes are great for beginners, people working on their breathing and flexibility or experienced yogis and yoginis.

Five Element Yoga brings the body and mind in alignment with the five elements: Earth, Water, Fire, Air, and Space. Each part of the body is represented by an element, when all are purified, the entire self will achieve peace. Yoga helps attain this balance of elements, which restores the health to body, mind and soul.

A Fresh Start

Though these new yoga and meditation classes are only available to adults, they are planning on offering them to children in the future. Students will receive proper guidance towards a healthier lifestyle for both their minds and bodies. The studio has state of the art padded floors and provides a calm, serene environment. Soo Bahk Do Karate & Wellness is located at 630 Valley Road, Gillette. For more information about karate, yoga and meditation classes visit www.karate4peace.com or call 908-647-4194,

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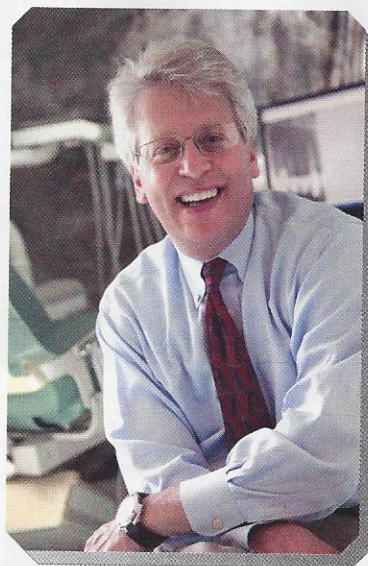
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