



Boontiva Truong-Quang of Elgin teaches a classical Indian yoga at Elgin Community College. She also teaches at Elgin's YMCA, the Community Crisis Center and in her studio at 764 W. Chicago St.

Quiet your mind

Yoga instructor helps students calm selves, focus on health

BY JOANNE C. DUFFER
Daily Herald Correspondent

At first glance, classical Indian yoga might appear to be a way to flex yourself into pretzel-like positions. But it's far from that, says Boontiva Truong-Quang, a classical Indian yoga instructor in Elgin.

"Yoga is about finding out who you are and what part of life you are in," she said.

What's more, the thought process behind the physical discipline focuses on the relationship of nerves, muscles and spine to major organs such as lungs, heart, brain, kidneys

and liver.

"Its benefits include better sleep and better stress management," Truong-Quang said. "Our mind is like a monkey and we need to control this energetic monkey better."

Indian yoga uses particular, slow movements. Much of this style is quite different from the stereotype crossed-legged, eyes-shut humming devotee.

Many students find they are able to quit smoking or drinking caffeine because of yoga's stress reduction. Truong-Quang believes Indian yoga can help people with many ailments, such as osteoporosis, diabetes, asthma, depression and hypertension.

While Truong-Quang encourages people to continue under doctor's care, she feels yoga complements modern medicine, in keeping with her holistic approach.

It's amazing what steps people go through to get healed. Truong-Quang teaches to all ages, to the homeless and the mentally and emotionally disturbed. She said that most of her classes, however, are for heart patients, reflective of extreme cases in need of stress reduction.

Before teaching yoga, Truong-Quang, who was born in Thailand, worked for the Mar-



Yoga and the way it affects overall health are both parts of the classes taught by Truong-Quang.



Truong-Quang leads a small class in classical Indian yoga.

riott Corp. She tired of the fast-track she felt she was on, discovered yoga and has devoted her life to it since.

Certified by the Yoga Institute of India, Truong-Quang teaches yoga at Elgin's YMCA, the Elgin Community Crisis Center and

in her own studio at 764 W. Chicago St.

For more information, call her at (847) 697-6397.