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## Bronson Yoga offers restoration of body, mind and soul



**Heidi Samec (left) and Katie Holder practice an asana on Thursday morning next to one of the outside walls of Bronson Yoga on State Road 24 in Bronson. An asana is a body posture. Asanas also are called yoga poses or yoga postures in English, according to various yoga websites.**

### Story and Photo

**By Jeff M Hardison © June 21, 2019 at 11:29 a.m.**

**BRONSON** – Bronson Yoga, located at 810 E. Thrasher Drive (State Road 24) in Bronson, is a place where people can enjoy regularly scheduled practices of restorative yoga and flow yoga.

The cost for these practices is free for the first visit and \$10 any subsequent visit. There are no contracts to sign.

Owner Heidi Samec said the \$10 fee for her restorative yoga classes help recover operational costs, such as paying the electric bill.

Flow Yoga Instructor Katie Holder said the \$10 fee for her flow yoga classes cover her costs,

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and all proceeds beyond that are donated to various worthy causes.

Samec has three other jobs. She is a Realtor, a landlord and a farmer as well as a yoga instructor. Samec earned her certification as a restorative yoga instructor from I Love My Body Yoga of Morriston, where her teacher was Gail Deckant.

Restorative yoga involves slow and stretching movements. Restorative yoga may restore peace to your mind, Samec said, and it may work on any part your body. Yoga is the union of body, mind and spirit, she said.

The practice of yoga is more than 5,000 years old, Samec said.

Restorative Yoga With Heidi at Bronson Yoga is each Tuesday from 6:30 to 8 p.m.; and each Thursday from 8:30 to 10 a.m.

Flow Yoga With Katie at Bronson Yoga is each Thursday from 1:30 to 3 p.m.

For more information, call Heidi at 727-641-7518.