

LIVE



NEWS photo Paul McGrath

YOGA instructor Amber Rodgers, of North Vancouver Yoga, fine-tunes Chelsie Hodge's pose during a recent class. Rodgers offers classes at workplaces and other locations, as well as for plus-sized individuals.



Normal to find first holiday alone hard

QUESTION:

My husband and I separated a year ago and we have two kids, ages eight and 10. Last year they spent Christmas with me and this year they will be with him (and his new girlfriend). I feel so sad about not getting to be with them at Christmas. Any suggestions so I don't completely lose it when the day finally comes around?

Answer:

The loneliness of being without one's children during the holidays can be a big shock, but there are things that you can do to help yourself, and your children, when the day arrives.

Your question actually reminded me of an issue a client brought to me in therapy that related to how sad she felt when her ex-husband took their three kids to Disneyland for the first time. (I am changing details to protect the privacy of the client). Since her kids were born, she had imagined their wide-eyed excitement as they entered Disneyland, saw Mickey Mouse and went on Space Mountain

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Dave Norona
works and plays on
Thanksgiving
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A flexible approach

NV company works with clients to fit classes into busy schedules

Erin McPhee

emcphee@nsnews.com

LONG days at the office, hectic home lives and faint glimpses of rest and relaxation are the norm for many in today's society.

While the pace of modern life can dictate when we find time to exercise, help does exist. For those interested in practising yoga, a new North Shore company has been built on the principal of "if there's a will there's a way" and brings yoga to clients, either at their workplace, or by offering classes at odd hours.

"Yoga can fit into everybody's world," says Amber Rodgers, 36, founder of North Vancouver Yoga, which teaches the traditional Hatha style.

She's all too familiar with trying to navigate a healthy work-life balance, having a business background.

"I didn't ever have time for yoga, even though I loved it and it made me feel good . . . it just became the last priority," she says.

Rodgers made a conscious decision to change that in her own life, and said goodbye to her former career and became a yoga instructor and is now hoping to do the same for others through the launch of her company two months ago.

"I came up with the idea that I can bring it to you," she says.

Rodgers hopes to encourage workplaces to have her, or her staff members, come in at times that are appropriate for them, no matter what the hour, and lead group sessions.

"There's no rushing, there's no commuting, it's beyond convenient, you're not wasting time trying to get to a class and it's inexpensive," she says.

If a space doesn't exist in the workplace, an additional aspect of North Vancouver Yoga is that Rodgers will seek one out

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