



Loudoun Moms' Network

December I of II, 2007 Mom Spotlight: Dawn

December 19, 2007

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Editor



Mayra Ruiz-McPherson

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What gets on your mommy-nerves the most?

| | |
|-----------------|---------|
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| constant sib... | 6 (60%) |
| kids whinin... | 0 (0%) |

MONDAY, JANUARY 7, 2008

There's Only *ONE* of "These" In Loudoun ... and She Is One of Only Four In Virginia! ... The Olga Rasmussen Anusara Yoga Story



Ever met someone you felt inspired instant awe and humility at the same time? Yes, this may not be a commonplace response to meeting most people ... but Olga Rasmussen is *hardly* anyone you would refer to as "most people." No ... this warm and passionate Cascades Network mom is devoted to a highly skilled form of yoga known as Anusara Yoga® -- a unique form of yoga practice requiring years of extensive study, training, practice, deep focus and dedication.

having to fill... **2 (20%)**

Votes so far: 10
Poll closed

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My life's path crossed with Olga's earlier this week after an email exchange that resulted in my visiting her home to meet her in person. Within the first 10 minutes of having made her acquaintance, Olga and I ended up in her home-based yoga studio where she holds regular classes of 8-10 students. Within moments, Olga began to demonstrate some of the stretches beginning students could aspire to, bending with the grace of a swan gliding smoothly on a placid lake. That grace, from what I learned, has been 13+ years in the making.

As Olga's fascinating story unfolded, I was mesmerized by her steadfast devotion to her physical and spiritual practices. I am absolutely certain you will find Olga's story to be as captivating and intriguing as I did.

Here are Olga's own words ...

NETWORK: You shared you had studied and/or worked in theology for 20 years?? Please embellish and share about this intriguing background.

OLGA: I have a doctorate in spirituality and education and taught theology and worked in campus ministry in a number of institutions, including St.Louis University, Washington University, and most recently at Georgetown Visitation Preparatory School - here in Washington DC, where I taught for 12 years and was the Chair of the Theology Department. In total, I taught for 23 years.

NETWORK: How did your theology background influence your path towards Yoga?

OLGA: I have always been interested in different religious traditions and taught courses on World Religions. In my 20's I studied Judaism at the graduate level with Rabbis, in my 30's I studied Buddhism extensively, and when I began taking yoga in my 40's, I immersed myself in Hinduism. I studied the yoga tradition - it's history and literature with Georg Feuerstein - one of the world's foremost scholars for two years. I was the 6th person in the world to complete this course of study with him. I am very interested in how Christianity and the yoga tradition relate to one another, and wrote a book titled: Yoga and Christianity: Mystical Traditions in Tandem.

NETWORK: Tell us about your special certification. How challenging was it to achieve? What is required to achieve it?

OLGA: I am a Certified Anusara Yoga Teacher. There are currently only 4 in the state of VA and a little over 200 world wide. The certification process is one of the most rigorous in yoga. It took me over two years to get. I had to take a 10 day written exam covering yoga philosophy, history, kinesiology, teaching methodology, Sanskrit, and translation and interpretation of yogic texts. Every 3 months I would tape a class and it would be reviewed - and I would work on the recommendations for 3 months until I refined all the necessary points and finally passed. This is just part of all the process. In addition, I have several thousand hours of training in this system.

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NETWORK: You have been doing yoga for 13 years. How has it impacted your life?

OLGA: It totally changed my life. When I took my first yoga class - I couldn't touch my toes and wasn't that flexible. It has made me more serene, balanced, centered, and I have seen many physical benefits as well.

NETWORK: You are looking for beginners. Tell us what goals a beginner with no yoga background can expect from your class and/or instruction.

OLGA: The beginning student will find more flexibility, and increased range of motion, and will learn how to use the breath to become more centered and relaxed.

NETWORK: You have been teaching for a number of years. Please expand on your teaching background and how you transitioned from a studio to your home studio.

OLGA: I have taught yoga for over 10 years - having started in 1997 at Georgetown Visitation. I taught a class as part of the PE Department, and later taught a class for the faculty as well. For 9 years I taught at Health Advantage Yoga Center in Herndon. Last Fall I began teaching out of my house wanting to explore some creative ways of teaching at the urging of some friends. This proved so rewarding I decided to pursue some new avenues.

NOTE TO NETWORK MOMS:

Olga wants to inform all Network moms that her yoga classes for beginners are not just for moms ... dads are welcome as well! If you would like to learn more about Olga and her awe-inspiring background and talent, please visit her web site at <http://www.aliqniqwithgrace.com/>.

SPECIAL OFFER TO NETWORK MOMS:

Olga has generously extended a *special offer* to any Loudoun Network mom (or dad) who would like to start off the new year with a commitment to improved mobility and range of motion. [Please visit this page on our new Network web site](#), print the page containing the promotion and use it to attend one of Olga's beginner classes for FREE! [Please contact Olga directly for more information.](#)

SPECIAL THANKS TO OLGA!

Olga ... thank you for being a Network mom ... and for being you! Your devotion to achieving the highest levels of success in what you do is moving and I am so happy to know that someone of your talent and caliber resides in Loudoun!

Posted by loudounmom at [10:07 PM](#)

