

## Yoga studio opens downtown: [www.heraldtimesonline.com](http://www.heraldtimesonline.com)

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Bloomington has a new yoga studio.

Know Yoga Know Peace has opened at 234 N. Morton St., between Sixth and Seventh Streets. Owner Jean Briddell, originally from Indianapolis, said she discovered the multiple benefits of yoga about 10 years ago when she was suffering from herniated disks. Eventually she began teaching yoga and ultimately gave up her career as a wine buyer in Texas and California to move to Bloomington, where she has family, to open her own yoga studio.

"I wanted to help people. What our society is talking about with health care is more preventive medicine and promoting wellness," said Briddell. "Yoga focuses on every body system. It's a well-rounded way to balance out the body."

Know Yoga Know Peace offers a variety of classes during the day and on evenings and weekends. Currently the studio is offering free classes on Sundays and Mondays.

"Just getting to the first class is probably the hardest for people," said Briddell.

The studio features several instructors who specialize in different types of yoga, including Verve Yoga, an energizing class; Chill Yoga, a calming class; and even Love Yoga, which combines yoga with sound current and mantra. Briddell herself teaches "hot yoga," practiced in a 105 degree-room. She said she emphasizes "static poses" — holding a position and then releasing.

For more information about classes visit [www.knowyogaknowpeace.org](http://www.knowyogaknowpeace.org) or call the studio at 822-1101.

Briddell thinks the prevalence of yoga and the number of yoga studios in Bloomington indicate our community is aware of its value and reflect a national trend.

"In Manhattan, there are probably more yoga studios than Starbucks," said Briddell.

Know Yoga Know Peace is located at 234 N. Morton St.

