



Yoga Without Walls

Stretched into a backbend you see the canopy of tree leaves and branches overhead and hear the rustle of the breeze moving through them. As you move forward into Downward Facing Dog, you see a butterfly flutter past and feel the soft green grass under your heels. The yoga teacher's voice is calm and experienced as he leads you through the proper breathing with each pose. He may stop to adjust your stance while you are in Warrior I or gently adjust your outstretched arm in Triangle pose. The yoga instructor reminds his students to "go where your body leads you today. Not where you went yesterday or where you think you need to be. Yoga is about being here, right now, in this moment."

Though this yoga class might be something you expect to find at an ashram or a retreat, it is much closer than you think. This class is happening in a city park in downtown Camden. The best part you may ask? These classes are free. Scott "Ganesha" Freiberg, along with his wife, Heather Freiberg, have long held a vision to create yoga that would be accessible to everyone regardless of age, body type, physical limitations or financial constraints. This vision became the reality called "Yoga Without Walls."

"We call it 'Yoga Without Walls' because there are no limits to it," explains Heather. "You are not limited by your experience, your ability, your financial status or even by a building.

It's free and in nature. What better place to experience yoga?"

Many people who have never experienced a yoga class may be hesitant to attend one. Oftentimes they do not know what to expect, may feel awkward or concerned they will not know the Sanskrit names for the poses and be lost in the class. The price of many yoga classes may be daunting in a time when the economy and personal finances are challenging for everyone.

"When we developed Yoga Without Walls," Scott points out, "we kept all of these factors in mind. I believe that we are a throwback to when yogis originally came to the US and began teaching yoga for free."

If these two yogis can convey one message, it is that everyone can benefit from yoga and the accompanying breathing practice. "People need to know that yoga is so much more than just twisting up into a pretzel and that connotation is very limiting," explains Scott. "Two words I would use to describe yoga are energizing and relaxing."

These free Yoga classes are offered Thursday evenings and Saturday mornings. The class numbers have been growing as the word has spread through the city of Camden and the surrounding Columbia area. "We are excited because we have people coming from Elgin and Northeast Columbia," Scott explains. "We are even looking to expand into Sumter because people

have contacted us through our website about offering classes in that area. This is exciting because we are exposing this ancient practice and its benefits to people who would not usually take a class and at the same time we are building community."

The class always begins with an inspiring quote, some inward centering using the breath and a positive intention designed to elevate the yoga practice. Participants are guided gently and mindfully step by step through coordinated asanas and breathing. The class ends with meditation and relaxation. Modifications for the postures are offered for those people who are either beginners or are not able to practice an asana fully. "We explain what each posture does and how yoga is about tension and relaxation and in between the two you find your yoga," Scott explains. "This is how people can make it their yoga."

The two weekly recurring class offerings are Thursday evenings from 7 to 8pm and Saturday mornings from 8:30 to 9:30am. The classes are held at Camden's City Hall Park, located at 1000 Lyttleton St in downtown Camden.

"Now is the time that people really need the benefits of yoga," Heather explains. "With everything happening in the world, in our country, and in our communities, people need to create a retreat within themselves to find their center and find peace. We like to think of Yoga Without Walls as a tool to help them find that place." The couple invites you to take an hour of your day or week to expand your experience and perception through this practice by focusing on healing and empowering yourself and inviting the ideas of harmony, unity and serenity off the yoga mat and into your daily life.

Through the realization of this vision and this accessible practice, the Freibergs believe they and the people who join them in the park can make a change for themselves as individuals and together as a community. Through this change they believe that walls, both those that are real and those that are perceived, can be dissolved.

For more info about Yoga Without Walls, visit YogaWithoutWalls.net or call (803) 729-3369.