

Michelle Maue

**116 North Central Avenue, #3 South
St. Louis, Missouri 63105
shelley@bellayoga.org
314-630-1677**

Corporate Yoga Instructor

Seeking creative and high level stress/work environment, to provide a long term position of on-site corporate yoga classes. Having taught more than 5,000 yoga classes and trained over 120 yoga teachers, will utilize my yoga skill set to infuse positive well-being, injury prevention, motivation, productivity and relaxation for all beginners to advanced in an all levels yoga class setting.

Education

BA in Political Science, University of Vermont, May 1991

Interested in learning about political forms of government in order to better understand international politics

MSW, Master's of Social Work, Southern Illinois University, May 2001

Broaden knowledge and delivery of educational awareness programs to disadvantaged population.

Qualifications

Yoga Alliance ERYT Registered Yoga Instructor, 200 hours, Teaching Certificate, August 200

Through regular practice of yoga, inspire, share and motivate large groups of students to take charge and celebrate life force energy, newfound improvements, inner strength, creative ideas and problem solving techniques

Bella Yoga Teacher Training, 200 hour Yoga Alliance Teacher Training Yoga School, April 2003

Trained over 120 yoga teachers and promoted educational awareness through the use of yoga anatomy, physical adjustments, yoga research handouts, feedbacks, and practice.

Advanced Practitioner of Thai Yoga Massage, Lotus Palm Center, October, 2006.

Utilize yoga passive postures to stretch, release and promote health and wellness for yoga clients.

Experience

Yoga Studio Owner and Teacher Trainer (June 2003-present)

Bella Yoga

4 South Central Avenue, Suite #2

Clayton, Missouri 63105

Contact: Michelle Maue (314) 630-1677

Facilitate daily yoga and dance classes for the 4 current teachers at the studio.

Teach 3 classes weekly focusing on alignment, breath and fun!

Corporate Yoga Instructor (June 2005-present)

St. Louis County Courthouse

111 South 10th street, Thomas Eagleton Building, St. Louis, MO 63102

Contact: Barb Sutton (314) 244-4531

Work in 3 or 4 different conference style room settings, including a 28th floor public usage space that overlooks downtown St. Louis Arch + baseball stadium.

Corporate Yoga Instructor (June 2005-present)

Fleishman Hillard

200 North Broadway, St. Louis, MO 63102

Contact: Karen Meyers (314) 982-1700

Have seen numbers steadily and solidly grow over the past two years. Students are seeing significant improvement in stress reduction, weight loss and overall vitality and energy for life.

Corporate Yoga Instructor (June 2005-September 2007)

Renaissance Financial Corporation

9326 Olive Blvd, Olivette, MO 63122

Contact: Eric Seifert (314) 932-4300

Missed only 1 yoga class due to bad weather conditions. The small corporate yoga group consisted of 5 yoga students solely supported by the generosity of one couple.

Corporate Yoga Instructor (October 2002-January 2006)

A G Edwards Corporate Headquarters

1 Metropolitan Square, St. Louis, Missouri 63102

Contact: Debbie Lepp (314) 436-2060

Taught here for nearly five years. AG Edwards then, announced the opening of their own all new state on-site fitness/gym with their own yoga support team.

Corporate Yoga Instructor (October 2002-January 2006)

BJC WellAwareness Center

600 South Taylor, Suite 1101

Central West End, Missouri 63108

Contact: Kelli Hovland (314) 286-0525

Taught as the first yoga teacher at this brand new gym facility. Yoga program continues today, almost 9 years later. Gained a humble appreciation for the wide variety of needs in a typical yoga class.

Best of Clayton

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Benefits of yoga and dance-yoga include weight loss, stress and anxiety reduction, increased energy and the development of a healthy back. Push yourself to new growth with good feeling vibes, a friendly atmosphere and lots of therapeutic movement.

**Clayton Yoga • 4 South Central Avenue #2 Clayton, Missouri 63105
314-630-1677 • www.claytonyoga.com**

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In Clayton, next to the Ritz Carlton Hotel • 314.727.2500**

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Benefits of Yoga

Find Your Inner Strength

by Mary Jo Blackwood, R.N., MPH

In this fast-paced, high-stress world, do we really need our workouts to be driven and competitive? Yoga instructors and adherents don't think so. Michelle Maue, owner of Bella Yoga, was a professional tennis player and very competitive in her younger years. She started taking yoga nine years ago after the birth of her daughter because she had lost her attention span. She says she has regained that and more.

"Some people start out with yoga for the physical conditioning or because they had an injury and want to move the body correctly," she says. "Then they discover the other benefits. Yoga captures the joy of who we are. It has a focus on breath that helps us learn to just be and increases our inner resilience." Now Maue teaches at corporations and courthouses and gives private lessons in addition to group classes at Bella Yoga.

She teaches a variety of yoga styles, including vinyasa yoga and restorative yoga. Vinyasa is a combination of breath and movement. Restorative yoga is a stress-reduction yoga she does for working people on Friday nights.

"There's a saying in yoga that 'our issues are in our tissues,' which is a way of saying that tension and traumatic incidents in our lives make our bodies rigid over time," Maue says. "Yoga increases the circulation and oxygen flow to muscles. It enhances our digestive functioning because we are stretching our organs. It can greatly increase flexibility. People can start yoga at age 8 or 80."

Kelly Ruesing, owner of Studio Rue Yoga, explains that there are many different yoga styles that people may want to try. "Hatha yoga is meditative and has been around thousands of years," she says. "One of the reasons yoga is so mainstream now is that it has been around for so long. People don't question it. Hatha forms the basis for other types of yoga." Flow yoga starts with gentle postures and builds up with a continuous flow of movement; there is no stopping and holding a pose. Triyoga combines postures, rhythmic breathing and focus. It increases physical, mental and spiritual energy and gives people a clearer focus on life. Ruesing calls it relaxation in action.

"Restorative yoga has quieting, nurturing poses done passively on the floor with the body supported. Normally, it is for deep relaxation involv-

ing stress-releasing gentle stretches with some poses held from one to 20 minutes," Ruesing explains. Although she doesn't offer hot yoga, she says that practice allows people to get deeper into flexibility and stretching, but it is recommended only for those who are well-hydrated and in good cardiovascular condition. Yoga in general, says Ruesing, is an excellent balance of flexibility and strength training, using breath control and focus. It's no pain and all gain.

One 74-year-old she knows uses it to train for the Ironman triathlon because he needs focus. Kids who do it improve their concentration in school. "The important thing about selecting a yoga program is to find the style, environment and instructor that are a good match," says Ruesing. "Instructors should be credibly certified with more training than just a 12-hour course. They should

also correct bad form, not just lead the class. As with any exercise, if you don't do it correctly, yoga can hurt you."

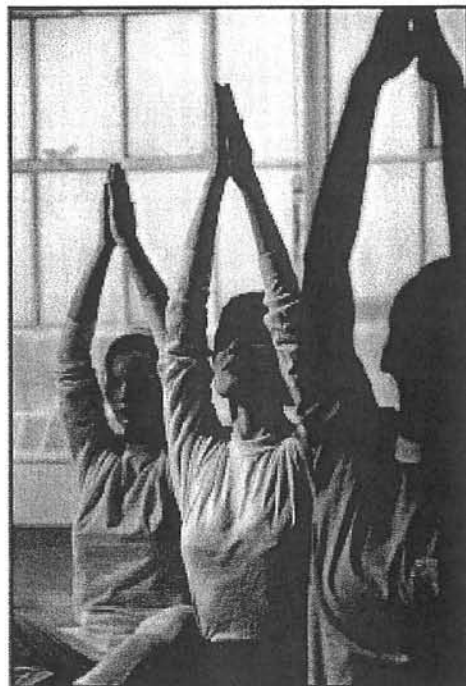
Colleen Valley, owner of YogaDoc, says that in India, yoga is practiced only by men, and more men here are recognizing the value of it. "My main demographic is women and men ages 30 to 60," she says. "Some types of yoga, like power yoga, tend to attract more athletes and men because they offer a fast-paced workout. Also called ashtanga yoga, it's popular with stars like Madonna and Sting. The first couple of times you do it, you may feel awkward, but when you learn the routines, it becomes appealing in its predictability, and peo-

ple can forget about what comes next and get deeply into it."

Other styles of yoga include Iyengar, which involves precise alignment and slower movements with more props. Valley says hot yoga has become popular because it allows the body to open up quickly and release toxins through sweat. Bikram is a style of hot yoga. Anusara yoga, sometimes called American yoga, uses different alignment techniques and a flowing style that focuses on the spiritual and emotional aspects. "It flows from the heart," she says. You have to do it to understand it.

Valley suggests trying a couple classes of each kind with different instructors, and at different times of the day. "You won't feel the same in the morning as in the evening," she says. "And when you decide what you like, that may change over the years. Staying with yoga will always affect your life. It changes your decision-making and even how you relate to your world."

LN



Breathing easy

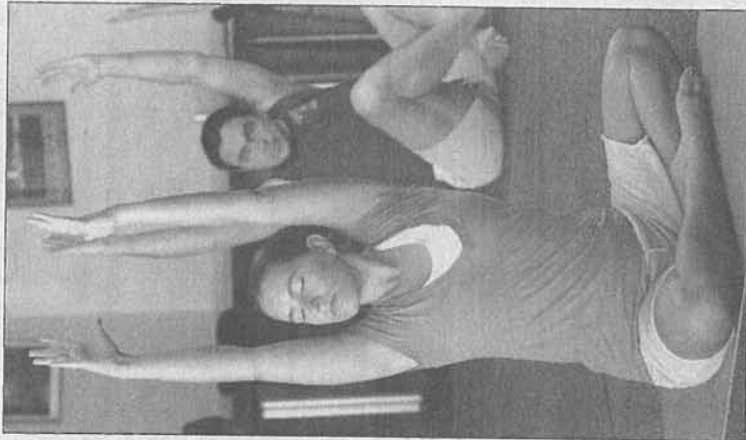


Photo by T. L. Witt
 Caroline Newman of St. Louis participates in a yoga class that is offered twice a week at the Thomas F. Eagleton U.S. Courthouse. The health unit for the courthouse started the lunch-hour yoga program several years ago to help employees at the courthouse relieve stress, said Mary Pisarek, a registered nurse who is coordinator of the program. The fees for the class vary according to the number of participants, who chip in to pay instructor Michelle Maue. About 20 people usually attend.

New payment twist

Blackwell Sanders Peper Martin attorneys have a new payment source for their fees in the Tony Twist litigation. In a July 27 order, an Arizona bankruptcy judge authorized client Todd McFarlane Productions Inc. to use money from a settlement with insurer Travelers Indemnity Co. in the Twist case to pay the law firm. Judge Charles Case II also approved Blackwell's most recent request for \$222,500 in attorney fees for work on two Twist cases and two other lawsuits.

The former St. Louis Blues hockey player's lawsuit over a comic book character with a similar name in McFarlane comic books ended in February with a \$5 million settlement, but other insurance companies still are in court over who will pick up the \$4 million tab for the defense. Blackwell Sanders attorneys are working on that matter, and billed for work on the settlement of the original Twist case in their latest request for fees.

Intellectual property and litigation partner Michael Kahn is billing at the highest hourly rate—\$390—for Blackwell attorneys involved in the cases. Since December 2004, Blackwell Sanders has billed \$473,000 for the original Twist litigation and the insurance case, according to bankruptcy court records.

—Heather Cole

Out of the penalty box

The license of St. Charles attorney Del Phillips has been reinstated after it was suspended in August 2006. Phillip had held onto \$17,000, part of a client's portion of an automobile accident settlement, a bit too long—more than four years, according to the Chief Disciplinary Counsel's response to Phillips' application to have his license restored. Phillips' license was reinstated July 6 on a one-year probationary period, with the Office of the Chief Disciplinary Counsel noting that the case didn't merit a full investigation and that Phillips had made complete restitution to the client. During probation, Phillips has to submit quarterly reports on his practice to the Disciplinary Counsel office and undergo audits of his trust accounts.

The withholding of the client's money was due to poor bookkeeping, not dishonesty, said Martin Green, an attorney with Green Jacobson & Butsch representing Phillips. "He has employed people to work with him in the office. You're not going to see anything like this again with Del."

—Heather Cole

Political Consultant must seek new lease

Kansas City law firm Lathrop & Gage has terminated one of its office leases, a move that will put some distance between the firm and Republican consultant Jeff Roe.

Roe's political consulting firm, Axiom Strategies, has been a subtenant on Lathrop's lease since December 2005. But when Lathrop recently terminated that lease, the firm gave notice to Axiom that its sublease would subsequently be dropped, said Joel Voran, the newly named chief executive of the firm.

Roe said he maintains a good relationship with Lathrop and has used the firm for 15 years in a personal capacity and on behalf of his campaigning clients. He is now interested in directly leasing with the building's owners.

A spokeswoman for Lathrop said no other subtenants would be affected by the change.

Roe, who maintains a Republican political blog called The Source, has a reputation for going for the political jugular. He was the chief of staff for former state representative and current U.S. Rep. Sam Graves, R-Mo., until 2006.

—Allison Retka

In The News

With help from Legal Services of Eastern Missouri, 34 Bosnian refugees were among 321 people sworn in as American citizens during a naturalization ceremony June 22 at Harris-Stowe State University. Legal Services, along with the Catholic Legal Assistance Ministry and the Saint Louis University Legal Clinic, filed a lawsuit on behalf of the Bosnians in U.S. District Court in March to force the U.S. Citizenship and Immigration Services agency to approve the Bosnians' citizenship applications. The lawsuit claimed that because of their disabilities, the Bosnians faced repeated delays in their efforts to become American citizens.

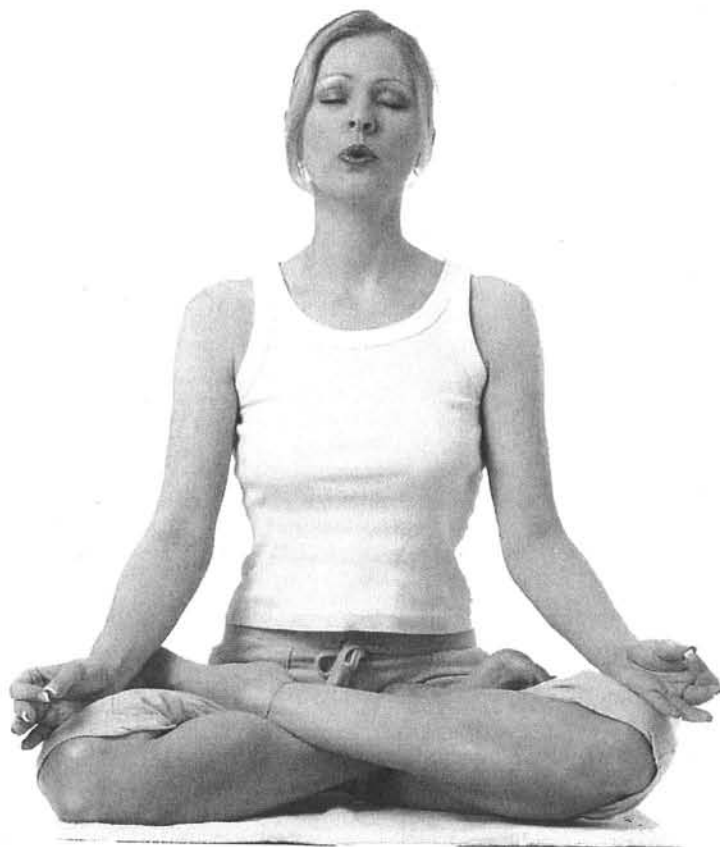
The Kress Law Firm moved to larger offices at 5624A S. Compton Ave. in south St. Louis city. The new office is in a rehabbed building.

YOGA

2008 Health Resolutions

by Michelle Maue

Founder, Bella Yoga
www.bellayoga.com



Earlier this week, I was asked by a friend to write an article on how yoga might connect us to our New Year's Resolutions and make them last. Initially I thought, what a great idea, because later I remembered that Yoga itself is over 2,500 years old. This article will explore how yoga illuminates a new way of viewing our tension and how that may relate to a better world.

The practice of yoga itself gets us to reveal where in our body we hold stuck energy. Tension or stress is not a bad thing. Actually stress is according to yoga nothing but another form of trapped energy in the body. We know that when we feel down, tired or irritable: it is our energy that is fluctuating or slipping.

In those moments, we are prone to look outside for the answer, feel inner disappointment, and attempt to fill this insecurity with some 'quick fix.' Before we embark upon self-improvement, we must get clear as to why we wish to change. Do we look outside for answers?

Are we motivated by guilt, high expectations, or perfectionism? Do we even go so far as to believe that because we are experiencing turbulence or challenge in our life, that we are inherently flawed?

Yoga trains the mind through stretching to dig deeper, to look on the inside and to slip underneath these appearances of good/bad, right/wrong and look for hidden treasures in yourself. Moments that we feel weak or vulnerable can be beautiful opportunities to transform and grow. It's suddenly not about being better than the next guy, just being better than we used to be. Like an underwater sea diver looking for beautiful coral at the bottom of the ocean, our soul is also searching to develop and heal.

Yogi's have known for a long time that our energy levels can facilitate this process. Furthermore, we have the ability to boost our own levels of energy. The key to increasing our energy is to focus on the inside in a loving and positive manner. Each of us according to the Tibetans is a piece of the divine energy. Acting upon this light and becoming a light for others or "following the golden rule-in action" increases further light. Eating alkaline, non-processed, non-dairy (for the most part) foods also boost our energy levels. Regular exercise and plenty of it helps the body and mind to heal faster and accelerate at higher levels.

My yoga teacher, Jonny Kest once said: "All of our issues are in our tissues". Yoga and stretching opens up these areas and helps us to play the edge and increases our ability to stay calm under the most stressful of circumstances. Using the breath and witnessing our blocks without judgment, we begin to dissolve and resolve old issues in the body. The lure of quick fix solutions no longer carry weight as we anticipate how our old habit reactive patterns will be reshaped into making a very positive difference in the world. May your New Year be the best one for you in 2008.

Beyond BALANCE

*How two women found yoga
and discovered it offers more than meets the eye*

by Dana Logan

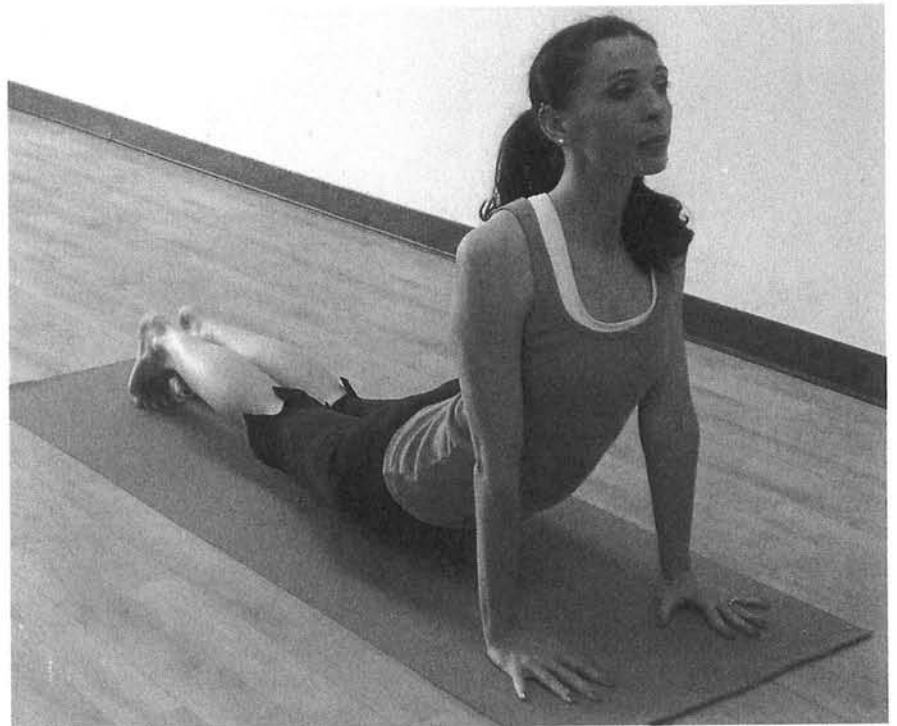
Sharon McClinton came to yoga late in life. When she was 50 years old, she found herself concerned that she might develop osteoporosis as she aged. She discussed her fear of weakening bones, and the aging process in general, with her husband, a chiropractor. "You know, I really don't want to get osteoporosis. I want to remain flexible throughout my life," she recalls. "He said, 'You should try doing yoga.'"

That was 16 years ago and today, a strong, healthy woman has moved from yoga student to yoga teacher. "I just had no idea how much it would impact my life," says McClinton.

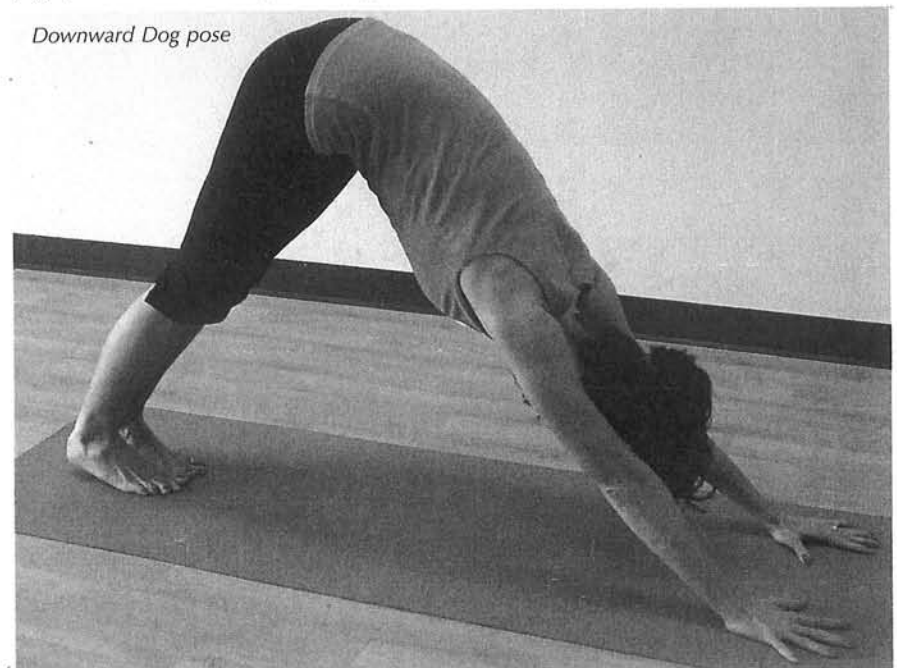
She went looking for the physical benefits that yoga might offer. She thought it would make her bones stronger, perhaps make her body more flexible, and hopefully prevent the osteoporosis that she feared. While she says it's true that her body is stronger and more flexible now than it's ever been, what she found in practicing yoga was so much more than that.

"What I discovered was that yoga is only in part about the postures, it's more about unifying your mind and your body with your breath. So once you start paying attention to your breath and how it moves you, you end up becoming much more aware of your body," she explains. "Certainly it's a body practice, but yoga, for me, is so much more. It really deals with your mind, your spirit, and unifying you." But her practice goes beyond that. McClinton says that yoga teaches her humility and compassion, not only for others, but also for herself.

McClinton says that her practice isn't confined to the yoga studio or the mat. All that she gets out of yoga follows her throughout the day. "Even though I'm not doing downward facing dog or other poses during the

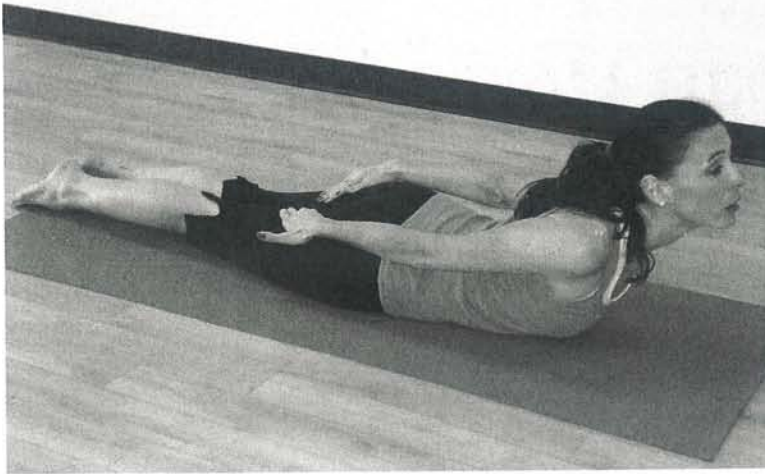


Lori Tillman, yoga instructor at The Workout Company in South County demonstrates several yoga poses. Shown here, Upward Dog pose.

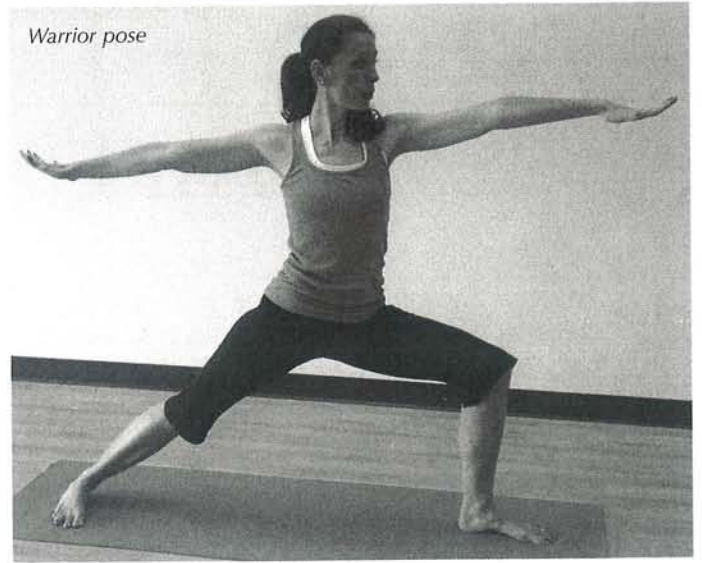


Downward Dog pose

Cobra Pose



Warrior pose



day, I'm still breathing. I am still letting my breath lead me, I'm still noticing what I'm doing and how I'm doing it."

In fact, she says that the biggest difference that yoga has made in her life is the awareness of her own body, compared to how she was 16 years ago. "I am becoming more and more present in my body. It's like a greater awareness of my body." For her, that awareness brings beauty to her life and her journey. "I would have to say that I am aging gracefully. We cannot prevent aging, that's just part of us, but to age with grace and awareness is probably the best gift of all."

Michelle Maue has run Bella Yoga, a yoga studio in Clayton, since 2003, but she's been practicing yoga for 12 years. When she began practicing, she says that she didn't like being in her body. "I wasn't truly at home here in this body," she says. "So I thought, well, let me just try a yoga class because I know if I can calm myself down, I could probably be a much better support for my family." What she found was what she calls "an overwhelming sense of spiritual connection to something bigger than me."

Maue says that this connection has helped her through some potentially dark moments in her life. Times when things could have turned really destructive, but instead, she was able to say, "OK, if not for me — if I'm not willing to take this next step for me — then I'll take it for this bigger picture

that I know I'm connected to. I need to let myself be drawn toward that level of inspiration."

Maue believes that the physical benefits of yoga she's experienced are connected to the spiritual benefits. She had once been plagued with back problems, something she explains as a fallout from experiences that she had repressed and from holding in negativity. But her yoga practice changed all that. "I started to unlock the secrets. I could feel the tangible energy. You're coming alive and you're feeling the energy bodies and the currents running through you and they're starting to line up."

She explains that energy bodies are surrounding your physical body and you start to unlock some of the blocks with deep, continuous breathing. It took nearly four years, but there hasn't been a trace of the back problems since. Like McClinton, yoga has brought much more than physical benefits to Maue's life.

"Being open and humble is one of the gifts of yoga, I get to listen to my vulnerable places. When I slow down and I listen to my breath, I get more quiet and I'm able to then see those places that I need to work on." While the postures of yoga are important, Maue sees more value in the spiritual and emotional challenges that the practice pushes her to conquer.

"I don't focus on physical anatomy as the central theme and I never will. It really is about the language of soul to

me. This isn't about trying to perfect the posture as much as it is about unlocking hidden weaknesses in our life," she says.

In fact, Maue believes that people might not expect just how valuable finding one's own weaknesses can be. "I think a lot of people in this culture would be surprised to find out that their vulnerability and their soft spots are actually treasures waiting to be revealed."

Tree pose

