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## Yoga exercises tooled for surfers

By **SHAWN PRICE**

The Orange County Register

Balance. Connection. Body. Nature.

Words you'll be hearing a lot this weekend at the Huntington Beach Pier if you take part in a unique new camp called the Yoga Works Yoga and Surfing Retreat.

Surfers who want to try yoga and yogis who want to get into surfing could find the connection between the two very easy, according to organizers. For \$450 (\$350 if you choose not to surf), participants will be treated to a routine of yoga and surfing instruction, healthy meals and stress reduction. Although the retreat is short, Julie Kleinman, Yoga Works program director, said the days are designed to use both physical ability and deep relaxation. The classes will be adjusted to fit the energy level of the students.

Surfing and yoga are "perfect for each other," Kleinman said.

Yoga exercises will be specifically tooled for surfers.

"It's very specifically about a certain set of skills the two have in common, and they reinforce each other on that level," she said.

"Yoga increases agility, upper-body strength and focus. And your endurance to paddle - for me, it took so much effort and tenacity to just get out; had I not had yoga in my background, I would have just quit."

Kleinman jokes there are other things yoga adds to surfing.

"Also the ability to feel your body in space, and breath control," she said. "Any time you're underwater, you want to be able to hold your breath for a while."

If football players are getting into yoga, why not surfers, too?

"I've been doing both for about 15 years, and I'm still finding things," retreat surfing instructor Oliver Reinsch said. "Yoga has helped me enjoy surfing more. Yoga peels the layers off you, and it really makes you feel better in the water. I see some guys out there and think, 'I'd love to get them in a yoga class.'"

Kleinman said much of the activity will take place on the beach, but the more intense yoga will be done at the company's studio two blocks from the pier on Main Street.

Reinsch thinks the way each activity enhances the other will be the main reward for participants.

"Surfing brings to yoga the sense of surrendering to your environment and focus and balance in an environment that is not controlled," he said. "It's more like life."

For reservations or more information, go to

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