

# Community

## An Interview with Lisa Fleming, new owner of One Tree Yoga at Shore Center

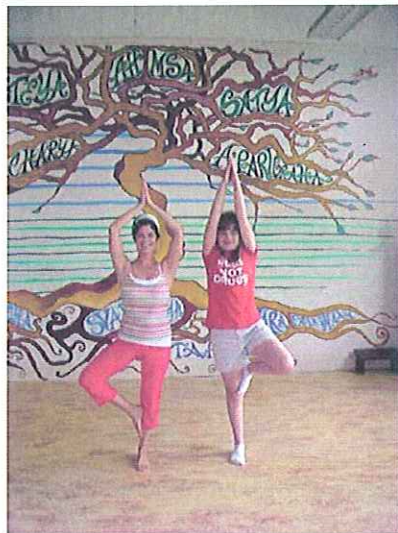
By Alisa Boles

*Lisa Fleming, director of OneTree Yoga, shares her thoughts on yoga, and why here and why now.*

OneTree Yoga is a small, yet enveloping studio space that just feels warm and inviting all year long. We offer hatha and vinyasa style classes, along with meditation and special workshops. Our schedule has something for everyone from basic beginners to more advanced practitioners, yet the schedule is simplistic. There's nothing fancy; we're there to teach and practice yoga, traditional styles of yoga, and meditation. We use a sign-in sheet and cards, and open the 10-foot windows for a fresh natural breeze off Lake Erie.

There are countless benefits from yoga, but most often noted would be a change in stress levels and your reaction to stress. The nervous system calms down, the body gets more toned, your digestive system also becomes more regular and calm. Your appetite may change because you are becoming more aware of when you are actually hungry versus just stress eating or thirsty. You learn to shut off the chatter in your head and find more peace and calmness in an otherwise chaotic day. You learn to live in the present moment, and if nothing else, you gain one hour of time for you when you're in a yoga class. No kids, no spouse, no boss...just you and yourself on your mat.

How did I become involved in yoga? I had just left my husband and was in a desperate state - I would go to work and to bed to cry, and occasionally to a friend's house. I weighed 79 pounds



*Lisa with 9 yr. old Harley from Blankets Fur Beasties. OneTree's mural was done by Euclid artist, Meg Garbincus.*

and saw no way out without medication. I also have Lupus, so this was an extremely dangerous way for me to be living. I knew that, but I didn't know how to get out of it. I prayed to God every night that I wouldn't wake up, and in the mornings, disappointed when I did, I'd go through my day just enough to get back into my bed and cry. One day, my good friend, Beka, picked me up and took me to the yoga studio with her. I didn't really care what we were doing, but by the end of that class I had felt

something I had never felt before. It was a connection to spirit - inside of me but also apart. I can't describe it, but I can tell you that I was instantly addicted. The instructor came up to me after class and told me that this was something I needed to continue, that I was a natural and she knew I needed yoga in my life. Within three months, I had come off of my anti-depressants, anti-anxiety, sleeping pills and even the Lupus went into remission. Yoga saved my life then, and continues to do just that every day since. I signed up for teacher training, and within 18 months of my first

class, I was a 200-hour registered yoga teacher and teaching at OneTree.

Awaken Yoga is actually the school I received my certification from. It is

owned by Jennifer Langsdale, a Euclid resident, and has been such an inspiration not only to me, but to those who have followed her from one studio to the next. Awaken Yoga offers classes three days a week and different levels of teacher training certifications. You can find more info on Awaken at [www.awakentoyoga.com](http://www.awakentoyoga.com)

Honestly, coming from Lake County, I was nervous to teach at OneTree when I started. I didn't know much about Euclid or the area that OneTree is located in before I started. Once I got to know the people and the community, I felt that we need to keep this beautiful building alive; not just for the businesses inside of Shore, but for the city of Euclid and the surrounding cities. This is a place that doesn't exist anywhere else I'm familiar with. There's a reason to drive out to Euclid and experience the classes and the support at Shore, and I am so glad to be a part of it with OneTree.

You can find information about classes and events at [www.onetreeyoga.org](http://www.onetreeyoga.org). OneTree took part in Shore Center's Goddess Fest in October and will be joining with Awaken Yoga to offer an Intro to Yoga Workshop on Nov. 20 and Dec. 11 from 10 a.m. to 2 p.m.

## Manor Care spreads birthday cheer to the elderly

By John Copic

Manor Care Euclid Beach in Cleveland held a special celebration in honor of the elders residing at their skilled Nursing and Rehabilitation Center. A number of friends and family who have a great deal of affection and respect for the elders in their community were host to a "Celebration of our Elders" party on Friday, September 24. This special celebration spotlighted all the members of Manor Care Euclid Beach who were 80 and older.

This noteworthy occasion's special guest of honor was Ms. Inez Patterson. Inez is the longest living resident residing at Manor Care Euclid Beach and was celebrating her 101st birthday on September 26th, 2010.

Inez Lutherol Patterson was born September 26, 1909 in Greensboro, North Carolina and was raised by her grandparents. Inez was educated in the Greensboro Public School system and graduated from high school at the age of 16. Later she relocated to Cleveland, Ohio to be closer to her mother.

She started her career in the housekeeping department and as a nursing assistant at the Cleveland Clinic. Inez's passion for caring and compassion led her to nursing school where she became a nurse at the Cleveland Clinic Research Department where she retired from.

Ms. Patterson has been a faithful and devoted member of the Cory United Methodist Church, where she served on the Usher Board and was a founding member of the Junior Usher Board. In earlier years she loved to dance and enjoyed bowling. Inez continued to bowl until the age of 98, with an average score of 203. Inez continues to be involved in daily activities, going on community outings and attending church services. She especially enjoys spending time with her many friends.

The entire staff at Manor Care Euclid Beach wish Inez and all of the residents continued enjoyment along with much happiness and good health. ❧



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