



## om before "I do"

On our wedding day, Sybil Nance, my yoga teacher and a cofounder of Flow Yoga in Hood

River, Oregon, took Ted and me down to the water and guided us through a meditation to help us relax and focus. Ted and I held hands, closed our eyes, drank in the sound of the waves. We

breathed in love for ourselves, breathed out love for our special day. We'd invited Sybil to join us in Mexico, where Ted and I met, and to marry us. Traveling the yogic path with Sybil had inspired me to make important changes, like relinquishing my crazy single life and committing to Ted. While not a yogi, Ted bonded with Sybil through their mutual love of nature.

Over the wedding week, Sybil taught yoga each morning on the beach. During the ceremony, as she spoke of nature being our spiritual provider, a huge school of manta rays began leaping out of the water. The day was filled with such magical moments, and Sybil was the perfect guide, leading us to a deeper sense of connection. MICHELLE SLADE

## present at the altar

Anusara Yoga founder John Friend has officiated at a halfdozen weddings in the Anusara community, including that of teacher Amy Ippoliti and Ty Burhoe (Krishna Das's tabla player). Gurmukh Kaur Khalsa, cofounder of Golden Bridge Yoga in L.A., has married 25 couples in the past five years. And, yes, there are yoga teachers specializing in "wedding yoga." For the cost of private classes, you do asanas with your betrothed or share the practice with wedding guests.

LISA HELFER, a yoga teacher in New York City, founded Yoga For Weddings ([www.yogaforweddings.com](http://www.yogaforweddings.com)) in 2006. She doesn't perform ceremonies but offers vinyasa flow classes at the wedding location for the bridal party and wedding guests. A class for 10 costs \$250. A 12-class bride-and-groom package costs \$1,000.

TOM KELLY, owner of Soul of Yoga studio ([www.soulofyoga.com](http://www.soulofyoga.com)) in Encinitas, California, began officiating at marriage ceremonies in 2000. Certified by the Universal Life Church, he has married more than 250 couples. For \$600 he provides pre-marriage counseling and performs the ceremony. He also teaches a hatha yoga class on the wedding day.

Boston-based Kripalu teacher EDI PASALIS launched I Do Yoga ([www.i-do-yoga.com](http://www.i-do-yoga.com)) in 2005 and will perform 25 ceremonies this year. She guides couples through pranayama, meditation, affirmations, and partner yoga. Pasalis—who

holds a master's degree from Harvard Divinity School and is ordained through the Universal Life Church—charges between \$400 and \$600.

If you want more than asana and would like a yoga teacher to officiate at your nuptials, getting

credentials is a cinch—Universal Life Church ordinations are an online click away—but check your state's requirements first. M. S.

