

BUSINESS

9 TO 5

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Yoga teacher to host teaching course

BY SPENSER BICKETT
Staff Writer

After a previous attempt to bring yoga teacher certification to International Falls fell through, a local yoga instructor took it upon herself to bring the training home. Replenish Yoga and Wellness will be offering registered Yoga Teacher Training 200, or TT200, certification recognized by the national Yoga Alliance starting in March.

Christa Heibel, Replenish owner and certified RYT500/eRYT200 yoga instructor, said a previous collaboration with Duluth-based Yoga North to provide TT200 training locally fell through because of minimum registration requirements.

Heibel said some of her students really wanted to complete the training, so she took it upon herself to get Replenish approved as a certification school through Yoga Alliance, and

complete the licensing requirements through the Minnesota Office of Higher Education to provide TT200 training.

Sofar, Heibel said she has four students signed up for the training, and expects that to reach a dozen before the classes start.

“I get a lot of students from both sides of the U.S.-Canada border,” Heibel said. “Hopefully this attracts more students from both sides, and pulls in a wide range.”

Heibel said she’s noticed a more receptive view of yoga evolving locally, and often gets students referred to her classes from doctors and other medical professionals touting its benefits.

Replenish is one of 10 TT200 licensed locations in Minnesota, Heibel said, with most locations in the Twin Cities and one in Duluth.

“I’m excited to be able to offer this training in International Falls, which is easily accessible for yoga enthusiasts between northern Michigan to the Dakotas, south to the Twin Cities and north to Winnipeg,” Heibel said. “Replenish is filling a void in this geographic region.”

TT200 training requires 200 classroom hours with a licensed teacher and 50-60 independent study hours, Heibel said. The course will



Christa Heibel

be offered on the weekends, for seven weekends starting in March and ending in July, she said.

“The course is either offered in weekend sections, or you can go somewhere for three to four weeks and get it all done at once,” Heibel said. “The weekend option is how I did my training.”

According to a news release, the TT200 training is an in-depth yoga study including foundational yoga concepts, full asana/posture training, the history of yoga, independent study including reports on required readings, meditation training, teaching techniques and practicum, and an in-depth study of the Chakras.

“The TT200 training is more than a career certification course,” Heibel said. “Short of traveling to an ashram in India, it is the only way to receive an in-depth education on the 5,000-year-old tradition of a true yoga practice.”

The course cost ranges from \$2,800-\$3,500, Heibel said, and the price depends on if the student is prepaying or paying on a payment plan.

“Whether you plan to teach yoga to others or not, learning the practice can help us live in great peace,” Heibel said. “This comprehensive training is truly life changing.”

In addition to her RYT 500 certification, Heibel also has Reiki I and Reiki II certifications. She offers scheduled yoga classes as well as off-site yoga retreats on Rainy Lake.

Former Falls man recognized for 37-year Alaska business

JOURNAL STAFF REPORT

Former International Falls resident Tom Hodel and his wife Lyn have been recognized for their 37-year career filling the pharmaceutical needs of the residents of Soldotna, Alaska.

The Hodels sold the Soldotna Professional Pharmacy in February and Tom retired from his career as a pharmacist and Lyn retired from her office manager position at the pharmacy.

The pharmacy, which began with five employees, has grown along with the city and now has 30 employees.

The Soldotna Chamber of Commerce in January presented the Hodels with the Pioneer Award for long-term community service.

In recognizing the Hodels, the chamber wrote the award “caps a 37-year career that saw Tom drag a tearful Lyn to Alaska to a cold Quonset hut in 1977 to work for Earl Mundell at Soldotna Drug until its closing...”

It further cited the couple’s “pioneering legacy of hard work, honesty, significant employment opportunities, a full and rich commitment to Soldotna and the church and the profound business philosophy of an independently owned good neighbor pharmacy.”

The Alaska Legislature in April commended the Hodels for providing their community with “exempla-



CONTRIBUTED PHOTO


Tom and Lyn Hodel were recognized for their 37-year career filling the pharmaceutical needs of the residents of Soldotna, Alaska. The Hodels sold the pharmacy in February.

ry professional and friendly customer service, for being exceptional employers and for simply being Tom and Lyn Hodel; a very special couple that the Central Peninsula Community and Alaska’s Legislature wishes continues success and a busy retirement.”


Tom Hodel was born and raised in International Falls. He graduated from the University of Minnesota School of Pharmacy in 1975. Shortly thereafter, he and his wife Lyn moved to Alaska and settled in Soldotna in January 1977.

Tom worked for Soldotna Drug until its closing — then started the Pharmacy Department at Central Peninsula General Hospital in the early 1980s. In April of 1984 — Soldotna Professional Pharmacy become a reality. The business has grown over the years and in December of 2002 moved to its present location.

Tom’s mom, Donna Hodel, told The Journal she is proud of their careers and accomplishments. She continues to work for the Koochiching County Highway Department.



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The Journal will highlight the devastating spring of 2014 and how it impacted, yet united, each of us in Borderland. We'll feature the unsung heroes, businesses, service organizations and community members who donated time and resources. Then and now: family and business recovery efforts. The National Guard: when we were tired, they showed up.




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