

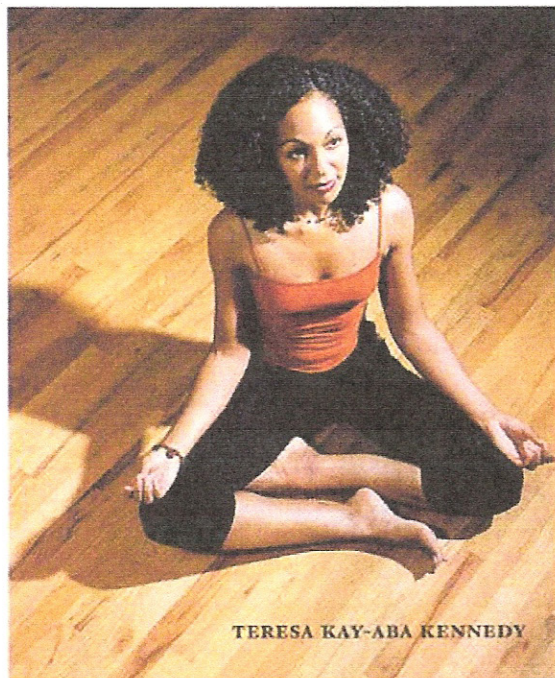
# yoga

JOURNAL

## TA FOR NOW: Yoga in Harlem

**T**o some, leaving a lucrative position as an MTV executive to start a yoga studio in Harlem might seem like a strange move. But Teresa Kay-Aba Kennedy credits this move with saving her life. When an ulcerated digestive system became life-threatening, she decided it was time to reconsider her stressful corporate lifestyle; she became a certified yoga instructor and holistic health counselor. "That near-death experience was one of the best things that could have happened to me," Kennedy says. "It showed me how blessed I've truly been. It gave me the responsibility to share my gifts with others."

In October 2002, Kennedy opened Harlem's first yoga studio, Ta Yoga House, with the goal of addressing the specific health needs of people of color and the needs of those who can't afford yoga classes or alternative therapies. (*Ta* is the Egyptian word for "earth.") In addition to



more than 20 weekly yoga classes (including some for kids) with 12 teachers, Ta Yoga House offers nutritional counseling and personal development workshops, such as Healthy Cooking Basics and Yoga for Every Woman.

So far, Ta Yoga has worked with Harlem Hospital on its annual asthma fair and was chosen to participate in former president Bill Clinton's Harlem Small Business Initiative. And now it is developing big plans for a new space to accommodate a wider range of classes and services, a juice bar, and a retail store. All of these things fit right in with Kennedy's mission: "To inspire people to live their divine destinies, and help people from all walks of life live better lives." For more information, visit [www.ta-life.com](http://www.ta-life.com). —C.B.