

WORK IT OUT!

YOGA MOM

Ormond divorce lawyer uses Bikram to stay centered

Story By JIM HAUG + Photos By NIGEL COOK

Divorce attorney Beth King likes to tell her clients, "You're getting a divorce and everything is going to be OK."

King wants them to relax. To get through any challenge, "you have to be patient with yourself," she said.

This is a point driven home to her at "Bikram's Torture Chamber," or the studio also known as We Are Yoga, 138 W. Granada Blvd., Ormond Beach, where King stretches and compresses for 26 postures in 90 to 100 degree heat.

To survive, practitioners don't wear a lot of clothes.

"I go in with a small yoga outfit, something (I otherwise) wouldn't

wear in a room with 30 other people," King said. "(But) you only pay attention to yourself. When your whole life is passing in front of you, you don't look around."

The heat makes it easier to stretch. While not for everybody, some find the practice addicting.

"We have a core group of 25 to 30 people in Ormond who take it very seriously," King said. "We don't like to miss a class."

Erika Jones, co-owner of the studio with her husband, Will, said King "keeps people coming. People need to know there's going to be somebody (at class) they know."

Known as the "Yoga Mom," King has the best attendance record of the studio, having completed 1,397 sessions of 90-minute hot yoga from Feb. 12, 2011, through the end of April this year. She once attended class for 110 consecutive days.

She is grateful her managing law partner at Rice & Rose, Paul Rice, believes in making fitness a priority.

King said he is "very encour-

aging."

"If I'm at the office at 6 or 6:30, he'll say, 'Do you have yoga to get to?'" she said.

King, who is 60, started hot yoga at age 56.

For the first class, her goal was survival, to "not leave the room."

"I was shocked at the rigor of it," King recalled. "I was concerned. I thought to myself, 'You need to be stronger than this for the second half of life.'"

She is inspired by this quote from the hot yoga guru, Bikram Choudhury: "You're never too old, never too bad, never too late and never too sick to start from scratch once again."

King also likes this other quote from Bikram: "There is one way — the right way. The right way is the hard way."

She said Bikram's 26 postures, which are repeated twice, work and tone "every part of your body, inside and out."

The routine never changes. It never gets old, she said.

"I consider it to be an incredibly energizing, invigorating health practice, a very effective 90 minutes," King said.

"It builds on itself. You meet the challenge. You go back and you're meeting another challenge," she said.

"To me, that aspect of it carries on into all of life. So it helps my ability to meet other challenges."

Divorce law is a high-stress profession. Clients are going through the hardest time emotionally, "besides losing someone completely to death," King said.

King said yoga keeps her sane.

"If I wasn't taking care of myself with Bikram, it's unlikely I could do what I do," she said. ☐

