

Janice Lennard's yoga DVDs encourage you to stay fit by slowing down and going with the flow.



# GO WITH THE FLOW

This 72-Year-Old Yogini Takes a Calm Approach to Fitness.

BY JACKIE CARLIN

**J**anice Lennard is the poster child for the benefits of staying active as we age. She has been involved with ballet, yoga and Pilates for more than 65 years.

At 72, Lennard teaches yoga classes at Rancho Mirage in California. And now, thanks to a new series of DVDs, she's inspiring people around the world not only with her style and technique but with her graceful attitude on aging.

Lennard wants everyone to know that it's never too late to start moving. Even if you've never tried something like yoga before, you're

never too old to try something new, she says.

"Just recently, a gentleman in his late 60s came to one of my yoga classes for the first time," Lennard recalls. "After class, he was telling me how sore he was. He told me he'd never done anything like that before, but he really enjoyed it."

A few days later, she says, he came back for another class. "He said to me, 'Thank you. I really enjoyed your class and I'm going to try and keep doing it.' I said to him, 'That's all you're supposed to do; you're not supposed to push yourself to go beyond what you can do. Just do what you can.'"

Lennard adds that it's important for us all to realize that things may not always be easy — whether it's exercise or life's daily challenges. The real secret to success, she contends, is how we respond.

"I think one of the keys to life is just taking what you're handed and trying to make it good instead of dwelling on the bad stuff that might happen," Lennard says. "That's what I've done with my life. There's always been something that would make me angry, and I would just turn around and say, 'What am I worried about? I'm alive. I'm living a fairly good life and I'm going to enjoy it.'"

Lennard says this wisdom is an unexpected — but wonderful — side effect of getting older.

"Aging has been the realization that you know a lot more than you did when you were younger," she notes. "And you tend to accept things and let them slide off your back. You take all the good things because you're still here, still breathing, still able to move and enjoy every day."

Turn on any late-night infomercial and you'll see that just about all the hottest workout DVDs feature lots of screaming instructors and fast-paced, frenetic music.

Lennard takes a calmer, more centered approach. She credits ballet classes with helping her to slow down. She adapted that philosophy to create daily workouts that encourage the body to slow down and go with the flow.

"I think it's all mind-body control," she says. "Your mind becomes relaxed, which also relaxes the body. You can meditate during the poses. And by slowing everything down, I really think that helps the entire body and mind."

During yoga, Lennard adds, "you're not running 50 mph trying to do everything. In so many of today's workout programs, everyone is running around, trying to push themselves so hard. I think it's just as effective to sit down by yourself somewhere in the corner, relax and enjoy it."

That's what Lennard does — and she's feeling great. "Sure, I've had aches and pains just like everyone else, but it goes back to attitude again," she says. "I tend to just go with it. I still keep moving and relaxing with the pain, and it just works for me. I know it can work for you, too." ■



**GB EXTRA**

Visit [GrowingBolderMagazine.com](http://GrowingBolderMagazine.com) to listen to our full *Growing Bolder Radio* conversation with Janice Lennard and to see videos of this yogini in action.