



the yoga loft

center for your body

Darcy Jaskwich, owner of The Yoga Loft, and Jane Ellis, owner of Pilates of Summerville, are proof that you can make a career out of your passion. Both women have taken the love of their disciplines and the many benefits they have personally gained to the workplace by creating Summerville's only dedicated Yoga and Pilates studio. They agree, "that it is so nice to love the place you work in, the people you work with and the work you do." Ellis enthuses, "We are both so blessed to have an opportunity to share the health and vitality we have gained in our practices with so many others, it doesn't seem fair to call it 'work'".

Jaskwich opened The Yoga Loft almost three years ago in the hope of sharing the many benefits of yoga with others, especially when practiced in a serene, friendly, spacious environment. According to Jaskwich, "there is something special about practicing yoga in a dedicated space, everything about the atmosphere sets the stage." In addition, she says, "it was important

for me to provide an environment where you are given the undivided attention that allows for a safe practice, directed to your individual needs.

Because of the size of the studio and our classes we get to know our students needs and preferences pretty quickly." Jaskwich continues, "we are fortunate in Summerville, that in a town our size, we have a large number of very qualified instructors, in many wonderful facilities however, I wanted to create that unique studio experience. It is nice to not have to fight traffic to practice Yoga or Pilates in a peaceful environment, with high quality instructors, as part of a community of yoga and Pilates enthusiasts."

Ellis also finds that being surrounded by soothing lighting, nice views, and pleasant surroundings leads to a great mind-body workout. Pilates of Summerville, just entering its second year of operation, has recently moved into shared studio space with The Yoga Loft. Ellis states, "people tell me they really enjoy working in a space intentionally designed for fitness." While she

was successfully serving clients in her home, Ellis has found, "that my clients enjoy the professional atmosphere, and say they have an easier time shifting gears to a workout mind-set." "They also love the chance to meet other students, swap notes over a cup of tea, or joke about a tough exercise". In addition, the dedicated space allows Ellis to design seamless workouts that utilize a wide variety of Pilates apparatus, tailored specifically to that individual clients needs.



For both women it is especially beneficial to have both disciplines under the same roof. Jaskwich notes, "we refer back and forth to each other all the time." Ellis adds, "Yoga and Pilates are very complimentary practices, and many clients benefit from the combination. Darcy may notice that someone struggles in a certain pose or sequence due to core instability, and so she will encourage them to explore the benefits of Pilates. And I will encourage a student who may need deeper relaxation or longer held stretches to the appropriate yoga class." In addition, Jaskwich adds, "we both take each other's classes. Jane is a big fan of our Yin Yoga classes and I am hooked on my bi-weekly Pilates reformer workouts".

Additionally, both women bring their past retail experience to the studio. "We are slowly introducing a variety of high quality products, that will enhance your particular workout. The practices of Yoga and Pilates are still fairly new to this area, and we want to provide people with all the advantages of a studio setting, but close to home, in historic Summerville." They have introduced a number of clothing lines, props, books and DVD's to help people comfortably and stylishly achieve their fitness goals.

