

# Uptown yoga studio encourages environmentally friendly lifestyles

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*Charles Yesenczki / Staff Photographer /  
cy333905@ohiou.edu*

Sophomore Stephanie Smith leads a yoga class on March 8 at Inhale Yoga Studio, located under Pita Pit on Court Street.

Earth Day is celebrated once a year, but Michelle Stobart, owner of Inhale Yoga Studio, 8 N. Court St., incorporates caring for the environment into her lifestyle and business year-round.

“We are bringing nature and yoga together for the greater good of all,” Stobart said. “Here at the studio, we look at the interconnection of the self and we believe that, through the platform of yoga, we learn how we make an impact on the environment around us.”

Stobart, a Meigs County native and graduate of Marietta College, began practicing yoga in 1997. In 2003, she became a certified yoga instructor and now teaches at the Ping Center and Inhale, located under the Pita Pit.

“I wanted the studio to be located in a place that was easily accessible to both groups of people,” Stobart said.

The studio was designed to be an indoor space that resembles the outdoors. It has the sky painted on the ceiling and green paint on the walls, to represent trees. There is also a garden in the studio to bring more oxygen into the space, Stobart said.

The space has a cork floor, because cork trees grow faster than most other trees, and paint that does not put toxins into the air, she said. Any wooden surface in the studio is made from trees that were sustainably harvested — meaning when they were cut down, some of the older trees were left standing so the forest still exists, Stobart said.

The studio also purchased yoga mats from Jade Yoga, which are made from natural rubber and are compostable, Stobart said. Jade Yoga also plants a tree for every mat purchased, according to its Web site.

The studio has seven teachers and offers 24 drop-in classes a week, where no membership is needed. The studio also offers packages and passes for anyone who wants to attend classes regularly. The studio also offers a free class from 1 to 2:15 p.m. on Sundays.

In honor of Earth Day, Inhale will be giving away flower bulbs from Companion Plants to those who attend class today.

“We are a business, but we want to give back to the community, too,” Stobart said.