Yoga event raises awareness for Multiple Sclerosis

BY NIKKI DOTSON
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WAYNE – Shelby Maynard chose to help bring awareness to Multiple Sclerosis because a close family friend is diagnosed with it.

She chose to bring that awareness with an event called Mind Over Mountains: A Yoga Event for Multiple Sclerosis Awareness on Saturday at Wayne Elementary School.

The event served as the project portion of her senior quest.

“It’s an important thing,” Maynard said. “A lot of people have it, and know what is going on, but it’s not talked about a lot.”

Kayla Dyer, the family friend Maynard chose the event to honor, said she was touched by Maynard’s efforts and the amount of people that took part in the yoga classes.

“I am so overwhelmed by the turnout,” Dyer said. “I love that it was a chance to bring everyone together. A lot of people don’t know about MS, so that’s a special part of it.”

Park Ferguson, who led two classes during the event, said the event was a great way to bring the community together.

“Not only is this event for a good cause, it’s a good opportunity to cultivate love for ourselves and our community,” he said.

Randi Greene led an upbeat BUTI Yoga class to get the crowd sweating, and Ferguson lead a class to help participants chill out, as well as a children’s yoga class.

Greene was asked to lead the BUTI yoga portion of the event by Dyer, who takes her weekly classes offered at RLG Fitness and multiple venues across the Tri-State area.

“I feel honored to be asked to teach something I love so much for such a great cause,” Greene said. “It is an awesome feeling.”

All proceeds from the event will be donated to MS research through the National Multiple Sclerosis Society.

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