

## BODY, MIND AND BALLROOM

by Marie Abbey

International or American has always been the eternal dilemma amongst the dance genre. Now, John Vilardo had added more mystification to this long lasting question with his pursuit of Yoga. John has instructed in both International and American style dance for major studios, as well as his present role as independent dance instructor. However, he believes that *he has truly found his path* in life with his latest endeavor. In addition to a full complement of International and American Ballroom dance lessons, John is teaching Yoga.

A few years ago, John was curious about the practice of Yoga. After taking one lesson he was "hooked". Almost immediately he felt the benefit of his experience. He realized that through Yoga, he was able to properly align his body. Posture, the nemesis of all dancers, became easier for him. John feels that Yoga is effective in maintaining balance and flexibility. It assists in the development of poise and is credited for the healthy well being of the entire body. John acknowledges Yoga with his development of mental agility, emotional balance, inner strength and endurance. Even though he still maintains a regimen of conventional exercise and strengthening, John believes that the body's nerves and muscles are stimulated in a positive manner and a tremendous energy flow is released by engaging in Yoga.

Working as an independent instructor has given John a multiplicity of opportunities. He has participated in shows, competitions, and pursued advanced coaching in both ballroom dance and Yoga. He is also involved as a choreographer for "Mad Hatter Productions". He also looks forward to developing a series of videos.

It has been stated that Yoga has an overwhelming effect on the inner dimensions of life.

John Vilardo possesses a deep calm and an air of confidence. Yoga has certainly had a positive effect on him.

