

Michele Bond is the director of, and teaches classes through, Yoga House, a yoga studio specializing in Anusara Yoga.

When you were a kid, were you naturally agile and physical?

From the beginning, my parents instilled in me both a love of nature, and of getting up off my backside. We were a very active family. My mother taught me to swim before I could walk and started me in ballet when I was four. I shudder to think what it could have been like had she not... as I am now the most graceful, clumsy person you may ever meet. I can fall with really graceful hand gestures... I can drop something with one hand and catch it with the other, thanks to yoga and the martial arts. Yesterday, in a very proud moment, my Blackberry was saved from near disaster when I managed, somehow, to catch it with my foot...

What do you find most satisfying about teaching yoga classes?

That people come to me with issues, and we are able to affect healing and understanding on the mat. That people feel that their lives are changed for the better. That they feel empowered and know that they have tools for living a better life. That this system of Anusara is so transformational. And that we laugh... sometimes so hard that we almost fall down. Well at least I laugh that hard....

At what age were you when you began practicing yoga? And when did it become a serious part of your daily routine?



From an early I age I knew that this was something amazing, and I tried to teach myself... from books, and TV... I took a class with my mom... In around 2000, grace gave me a big nudge in the yogic direction, and then in 2001, I discovered Anusara. Shortly thereafter I began chasing John Friend and his top teachers all across the country trying to learn everything I could about this wonderful system. I had many questions, and was suffering from multiple injuries... This system has brought many answers and much healing. I am so grateful for the many ways that this practice continues to change my life. John always says with enthusiasm and amazement, that it just keeps getting better... and as usual, he seems to be right.



Do you sometimes wake up and think to yourself, "gosh, today, instead of teaching and doing yoga today, I'd like to just stay in bed and watch TV, or just have a long, lazy day?"

I often think of my teacher saying how excited he is when he comes to the mat... "Because you just never know... This could be totally THE DAY!" when you'll have a shift, or some amazing new insight, an incredible new pose will just happen, and it will be so much fun... I look at it that way.... And I am always aware of what an honor and a privilege it is to do what I do.

What book has most inspired you in the last five years?

I love this beautiful little book which was given to me by one of my students -- Courage and Contentment by Guramayi Chidvilasananda speaks so deeply to my heart. It is filled with wonderful stories, songs and poems as well as many inspiring words from her teacher, Baba Muktananda. I often read from it to my classes.

Where is the most memorable place you've ever done yoga at?

I have done yoga in a studio NEAR Walden Pond, and NEAR where Lance Armstrong trained for the Tour de France, and in a studio in the middle of the Colorado Rockies, and yet somehow managed to see only the inside of those studios while in those places. Clearly, I work a bit too much... and I'm trying to work on that ☐. I do have a fleeting memory of doing yoga on a bluff overlooking Lake Huron, with the waves crashing on the beach, seagulls flying overhead, the wind coming off the lake... I recall it was quite lovely. I feel a deep connection to the Great Lakes.

Where do you most enjoy being outside after a good snowfall in the Ann Arbor area?

Hmmm...My first choice might be... being OUTSIDE OF Ann Arbor, perhaps somewhere in the Caribbean... Second choice could be right outside my studio. I have what must be one of the most beautiful trees in the world, a huge Catalpa, and some wonderful, very large and mature lilacs. Covered with freshly fallen snow it all looks so magical... like fairyland. I love where I work.