



Cheryl Bentsen teaches yoga and Pilates for Healthworks Fitness Centers for Women, Wellesley Beacon Hill Athletic Club, and Regis College, in Weston. A former reporter for the Los Angeles Times, she is the author of “Maasai Days,” an account of the changing lives of pastoralist Maasai families living in Kenya’s Great Rift Valley, and has written for many national magazines and newspapers. She began her yoga studies while working as a journalist in Kenya. She has studied yoga and mediation with a variety of inspiring teachers. “There is a certain amount of controversy about yoga, as it is practiced in the West,” says Ms. Bentsen. “From my own experience, I can say that no matter how or where yoga is practiced – at an ashram, at the gym, at home, in your backyard or dorm room – the benefits are good for the body, good for the mind. You move, you breathe, life goes easier.”