

FOR CENTURIES,
HEALERS HAVE
BEEN PART OF THE
TRIBE — PEOPLE
WHO TOUCH THE
HEART AND MAKE
IT WHOLE.

PASS IT ON
IS A SECTION IN
RED BANK RED HOT
INTENDED TO
INTRODUCE
PEOPLE IN OUR
COMMUNITY
WHO FIT THAT
DESCRIPTION.

THEY'VE COME TO
OUR AWARENESS
FROM FIRSTHAND
EXPERIENCE OR
TRUSTED PERSONAL
REFERRAL.

ONLY YOU WILL
KNOW WHETHER
YOU WANT THEM.
OUR JOB IS SIMPLY
TO PASS ON THE
KNOWLEDGE.

THE REST IS UP
TO YOU.



YOU COULD SAY THAT
EMILY HURESKY IS TO YOGA
WHAT YO-YO MA IS TO THE CELLO — A JOYFUL
SOUND...AN EXAMPLE OF WHAT IS POSSIBLE...
AN EXPRESSION OF GENIUS AND GRACE THAT SHOWS
THE REST OF US WHAT IT IS TO BE A HUMAN BEING
VIBRATING IN PERFECT ATTUNEMENT TO THE MUSIC OF
THE SPHERES. IT'S NOT A QUESTION OF STUDYING THE
NOTES OR HOURS OF PRACTICE OR AGE OR GENDER OR
CHOSEN PROFESSION. RATHER, IT'S THAT CERTAIN PEOPLE
ARE READY, IN THIS LIFETIME, TO RADIATE A DIVINE ENERGY
THAT PUTS US ALL A LITTLE CLOSER TO THE GROUND OF
BEING OR ATMAN OR SPIRIT OR THE ABSOLUTE OR WHAT
SOME CALL THE ALL-INCLUSIVE DOMAIN OF GOD.

By CLAUDIA ANSORGE
Photography by DANNY SANCHEZ

EMILY DUBIN HURESKY: **OPENING TO GRACE**

It's not what folks expect to find on Broad Street, but if you look up to the third floor windows at #10, you'll see the letters Y O G A that mark the spot where Emily can be found most days, teaching classes, meeting with students for private lessons, or deepening her own practice of Anusara Yoga at Dancing Foot Yoga, the studio where she is co-owner/director.

Although she'd be the last person to tell you, Emily is soundly rooted in the top echelon of Anusara instructors in the United States, a daunting certification process that, in her case, included assisting John Friend, the originator of Anusara Yoga and one of Western yoga's superstars, on his "Rock the

House" national tour. Rather than choosing celebrity for herself, however, Emily is intent on making a yoga community of "like minds and right hearts" right here in Red Bank. Looking back, it's an amazingly clear path that led to her own contentment and a story of a road consciously, mindfully taken.

On the surface, Emily lived a conventional enough life, growing up in Red Bank on one of the idyllic tree-lined blocks that flow down to the Navesink from River Road. Her dad was a lawyer. She went to private schools. She did really well in college, graduating magna cum laude from Barnard College and getting a hefty scholarship to Fordham University School of Law.

But then again...

She received her own mantra when she was still in elementary school. And, yes, her mother would often pick her up at Rumson Country Day accompanied by Swamaji Atmananda, who would stay with her parents when he was here from India. And, along with becoming Bat Mitzvahed, tennis lessons, boyfriends and other passages of youth, there were the pujas and meditation retreats and ashrams and yoga asanas that were part of her family's daily life. More importantly, an awareness of Eastern philosophy and ancient wisdom traditions permeated her earliest memories, bringing with them an underlying belief that connectedness to the subtle energies of the universe is available at all times, inside one's being as well as outside the gross, material plane of existence.

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Coming of age with that kind of consciousness in the '80s "Me! Me! Me! Generation" of status seekers and you-can-have-it-all thinking put Emily in conflict with her times, but in tune with following her bliss. So at that critical moment when the sure-fire career path crossed the road not taken, Emily made her decision to set a life course to "align with the divine" — the opening to grace that is the first principle of Anusara Yoga — and, by teaching and example, to pass on the happiness, healing and deep-down-good-for-you benefits of her chosen yoga to others.

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Dancing Foot Yoga
10 Broad Street, 3rd Floor, Red Bank
732.219.6662 • www.DancingFootYoga.com

THE INTERVIEW: EMILY DUBIN HURESKY By CLAUDIA ANSORGE



THE NAME
DANCING FOOT YOGA
COMES FROM THE
SHIVA NATARAJ, A FAMOUS
HINDU IMAGE THAT
COMMEMORATES THE LORD
SHIVA'S DANCE OF CREATION
AND BEING. THE NATARAJ,
OR LORD OF THE DANCE,
SYMBOLIZES THE POWER
WITHIN EACH PERSON AND
THE ENERGY THAT DANCES
WITHIN ALL OF US. THE
COSMIC DANCER'S LEFT
FOOT, THE DANCING FOOT,
IS LIFTED IN CELEBRATION
GESTURING TO ALL TO COME
AND FIND THE JOY WITHIN.



Q: In a lot of circles, turning down a big scholarship to a top law school would be considered crazy. How was it for you?

A: For me, the decision was pure sanity. I'd had an epiphany — actually two. One came when my Aunt Ellen gave me the gift of a yoga teacher training at the Himalayan Institute in Honesdale, Pennsylvania that woke up in me the awareness of subtle body energy and the idea of yoga being much more than just a physical practice. The other occurred one day when I was driving in my car, smoking, drinking coffee, thinking how critical and sarcastic I could be, how I loved to argue — I definitely had an edge — I imagined myself as a yoga teacher walking down Broad Street in flowing skirts, healthy, smiling, really happy. I thought how there are so many aspects of ourselves to bring out and I knew I didn't want to live a life that brought out the aggressive, judgmental, driven part of me. Everyone wants to be happy, but what I deeply understood at that moment was that you get to choose!

Q: Did you get any support?

A: My parents got it. They told me if you're going to do this, then you should study yoga with the same intensity that you were going to study law.

Q: Did you?

A: I started to take classes anywhere I could find them. I studied with masters like Erich Schiffmann and Rodney Yee and Richard Freedman. There are many schools of yoga, originating from different teachers, some out of India and the East, other newer ones developing as yoga gets more popular in the West. I took workshops all over the country. I read, studied, taught, practiced...but always knew that I was looking for the one teacher who could take me deep into all the dimensions of yoga, the spiritual and physical aspects as well as the healing and therapeutic benefits.

Q: What do you mean?

A: Many people start yoga simply for physical reasons. Often their doctors recommend it, or they're tired of being in chronic pain, or they want to avoid surgery, or they just want to look and feel better. To be stronger and more flexible, to have less pain and more vitality are all very good reasons to start yoga, but there is far more to gain from yoga than purely physical benefits. I feel it's good that people are motivated to feel better on any level but, for many people, it is progressive from

body, to mind, to spirit. At its highest, yoga is a spiritual practice that helps you tap into a higher energy. As BKS Iyengar said, "How do you expect to know God if you don't know your own big toe?" Erich Schiffmann gave the analogy that we're each a wave on an ocean and we forget we are part of the ocean. When I really got that idea, I wanted to live my life in alignment with it.

Q: And you found your teacher?

A: I got accepted, last minute, to an Anusara Yoga teacher training in Utah in 1999 with John Friend who had founded Anusara yoga in 1997 after years of yoga study in India and the United States. But the requirement was that I read the entire teacher training manual within 48 hours before I got there! At the end of the training, I knew I had found my teacher in this incredible man from Spring, Texas. John's Anusara Yoga is grounded in the Tantric philosophy of intrinsic goodness, classic Hatha Yoga principles, and a deep knowledge of biomechanics and universal principles of alignment. Although John was certified as an Iyengar Yoga instructor, he broke with that tradition to create a school of yoga that incorporated his own unique insights, experience, and joy in a system that shared all these good things with others. With Anusara, I got a whole bag of incredible tools to live a more full, happy, healthy life. And it's fun!

Q: How so?

A: Anusara looks for the good in people and encourages you to follow your heart to its highest good. Body alignment is based on an elegant system of spirals and loops that are easy to learn, powerful to practice and available to everyone, at all levels of ability. Plus, an Anusara Yoga class is a happy place ... people coming together to do something really good for themselves and that experience radiates out into their world to make it a better place. It helps make you a better friend, boss, neighbor, partner...

Q: What is the most important thing you've learned as a yogini?

A: Enlightenment is not sitting in lotus position. It's any moment you fully understand your own goodness. John Friend calls it "hits of enlightenment." Yoga gets you to those moments. What I know is that I teach yoga and I love it.