

# Ctown's Fountain of Youth

## Mystic Lotus Yoga can improve your quality of life

By Kyle F. Bidlack

In a soothing little studio right next door to **97 Estoria** exists Cabbagetown's own fountain of youth: **Mystic Lotus Yoga**, where Jessica Von Schlichten has been our neighbor and has been teaching and practicing yoga for more than sixteen years.

The benefits of yoga are endless. It addresses the physical body by aligning it in different shapes with the idea of penetrating the physiological, psychological, and spiritual body. Yoga uses the body to get to the mind and the mind to get to the body.

As human beings living in a world in flux, we often find ourselves caught in duality. This creates conflict and stress in our minds which affects our nervous system. Because our nervous systems are the motherboards of our bodies, you can imagine how other systems start to suffer - our hormones, digestion, immune system, etc.

We get physically ill and have a harder time simply living. **Yoga keeps stress down**. It helps improve our focus. Outside "noise" doesn't agitate us in the ways it used to. Yoga keeps our body healthy and our mind clear. Yoga is a way of life. **Yoga makes you want to live better**.

Just as there are a variety of types of people in the world, there are a variety of yogic methods to choose from. The only thing you must do is practice. In whatever ways are available to you, you must practice.

**Mystic Lotus Yoga** offers classes for everybody. Jessica keeps her classes small so the teacher is near at all times. This means if you are new to yoga, Mystic is a great place to start. Sometimes starting something new can be intimidating "but Mystic is much like our neighborhood; a quaint and inviting setting with friendly people. New students come into the studio and other students are greeting them before I even have a chance to say hello!" says Jessica.

Jessica also teaches to more experienced students. "We aspire to love and perfect the work, in hopes of experiencing grace." Many of my teachers have been practicing for 30+ years and they say the same. I am able to share these more detailed teachings with others who have a solid yoga practice. I can guide students into more challenging poses mindfully and help them understand the deeper expression of the self through the asana (sanskrit for yoga posture). We are dedicated to taking the time to share the art of the discipline." Says Jessica.

Mystic classes are typically 75 minutes. They also offer workshops that can be two to four hours long for deeper learning.

"Our students enjoy Mystic because it is intimate, friendly, and nurturing. Yoga can be used as exercise but it is really an art. There is a discipline that is hard to learn without the personal guidance of a teacher. Because we keep our classes small we are able to guide our students into their own personal practice by giving them specialized attention." Says Jessica.

Yoga is about establishing oneness by bringing the fragmented parts of the mind and body together so we can experience a whole sense of self. From there we start experiencing the oneness of all existence. Jessica's teaching style introduces the same concepts to everyone but she is careful to show their application on an individual level.



Jessica working with her students at Mystic Lotus Yoga on Estoria Street.

Cabbageheads over the age of 50 might think yoga is too demanding. They see people in their 20's in very complex poses. However, these complex poses can be broken down into the smaller, easier concepts they were built upon. As we age, proprioception dims and we are more prone to missteps that increase our chances of falling. Balance wanes with age which is why we must practice more as we grow older.

**Mystic makes sure that yoga works for everyone.** A student must bring a strong commitment to practice at least three times a week. Mystic Lotus Yoga is a nice place to both practice and see your neighbors. There is nothing better than walking to yoga.

They have a full schedule of classes and class descriptions available online at [mysticlotusyoga.com](http://mysticlotusyoga.com). They also offer a \$5 donation class on Friday mornings at 9a and Sundays at 4p.



*Jessica giving priceless one-on-one instruction with student Lynne Splinter.*

# The rent is too damn high!

By Kyle F. Bidlack

**There was a time (not too long ago) when Cabbagetown was a cheap place to rent a flat (or loft).** Even just fifteen years ago, it was not hard to find a shotgun shack for less than \$700 a month. Of course, things were a little rougher back in the 70s, 80s and 90s, then... crime was high, so was prostitution, illegal drug trade, and other nefarious acts.

Regardless of the decade, our magical little village has always attracted a plentiful crop of great souls. And those souls are a big reason why renting in Cabbagetown ain't so cheap anymore. The average rent (according to [Zumper.com](http://Zumper.com)) here is

\$1350 per month. Pretty steep, but still a bargain compared to Peachtree Heights West (\$1790 per month).

You might think neighborhoods like Virginia Highlands, Atkins Park, and Druid Hills would be far more expensive than Cabbagetown. But au contraire: Zumper says they are \$1000, \$1020 and \$1115 respectively.

The cheapest rents can be found on the west side. Hunter Hills is a bargain at \$640 per month. Washington Park is only \$695, and Grove Park is \$785.