



Rick Ascher

Classes Taken: 170

Occupation: Self-Employed, Securities & Investing

Charity: Kids in Sports

WHY DO YOU LOVE COMING TO THE GREEN

YOGI? It's relaxing and a great workout!

Beats the gym and jogging all day! Great for cross training for surfing and golf and great for the body and mind.

WHO'S YOUR FAVORITE INSTRUCTOR AND

WHY? Anne and Heather are great as well as Ali on Sundays!

WE'RE DONATING \$100 TO KIDS IN SPORTS IN YOUR HONOR. WHY DID YOU CHOOSE THIS CHARITY? The Kids in Sports motto is "Put the balls and bats in the hands of kids". I like it!

FUN FACT ABOUT YOU: I'm a bit superstitious!

WHAT SONG SHOULD BE ON EVERY YOGA PLAYLIST? Ventura Highway, all the Trevor Hall stuff!

WHAT KEEPS YOU COMMITTED TO YOUR PRACTICE? I've been practicing for about 18 months. I feel so much more limber and blood pressure is below normal, not bad for a guy who was on some blood pressure meds!

Each month we select one yogi who has gone above and beyond to dedicate themselves to their practice. To honor them, we donate \$100 to their favorite charity.