

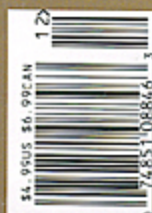
NOT JUST FOR THE LEAN & LITHE
Yoga Works for
Bigger Bodies

NEWS FLASH ON HOT FLASHES
Feel Great Without
Hormone Replacement Therapy

Viparita Karani
The Ultimate Relaxation Pose

WHAT HAPPENS IF

Bikram's Franchising Plan SUCCEEDS?



OMPAGE

TALKING SHOP WITH

Brian Dorfman



A KINESIOLOGIST WHO'S certified in yoga and craniosacral therapies, Chinese herbal medicine, and massage, Brian Dorfman embodies the term "holistic healer." At his kinesiology clinic located in Solano Beach, California, he's logged some 25,000 hours of hands-on work, helped scores of world-class athletes recover from serious injuries, and taught many more the benefits of practicing yoga. On Dorfman's Web site (www.briandorfman.com), you can find out more about his books and videos, which focus on alignment, proper movement, and developing strength.

Yoga Journal: How did you come to combine kinesiology and yoga?

Brian Dorfman: While at college at UCLA, I learned to understand the human sys-

tem from a scientific point of view. And at the School of Esoteric Science in France, where I studied for a five-year period, I was initiated into the deeper techniques of pranayama and in-depth meditation. No one told me the two practices didn't go together.

YJ: Who are your teachers?

BD: I've studied with T.K.V. Desikachar, and I have been and still am very influenced by his teachings. Both Sonia Nelson and Trish O'Rielly [Dorfman's late wife] offered me guidance and support as I developed my style, which is centered around helping to bring consciousness to a person's lifestyle. That includes everything from habits like diet to the ergonomics of a desk chair.

YJ: Have you ever suffered a serious injury in your life?

BD: In college, I had a high-speed bicycle crash, and my knee was injured badly. My surgeon said I'd never do any kind of physical activity again without a brace. Luckily, I didn't share the limited perspective of my doctor, and as time went on, I got better and better. Now I'm pain-free. But the experience helped me develop empathy for others with injuries, and it showed me the body's potential to heal itself.

YJ: What is it that makes you such a good healer?

BD: My approach is that the client always has the answer. I'm willing to listen to my clients, and to find out what their motivation is and work with that. Plus, there's a lot of honesty in my relationships with them. I ask, "How's it going?" And I want them to tell me. I prioritize the wellness of the individual, regardless of how long or how many conversations it takes.

YJ: What would you like to accomplish that you haven't yet?

BD: My personal goals are really short-term: I try to wake up and have a good day, and when I go to sleep, I'm hopeful that I'll have the chance to try again tomorrow. But I'd just love to work for the L.A. Lakers.

YJ: Any hobbies?

BD: At home in California, I garden all year long. I live a few blocks from the ocean, so I surf. But I also like to be in the mountains. I go to Crested Butte in Colorado every year, where I hike and ride the beautiful trails.

YJ: What do your clients do when you're away?

BD: Fortunately, my focus is to help them become more independent. I really try to empower them to be involved in their own healing processes, which means they do 99 percent of the work and I do 1 percent. I have a favorite saying that I've used throughout my career: If you want something to change, something has to change.

—Nicole Phelps

