

Work out Body, Spirit, Mind in Shamanic

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Dance

JANUARY 11, 2010

RANDI SHEPARD, 48, OF MARTINEZ IS A KIJO (PRONOUNCED KEE-JOE) GROUPIE. SHE FOLLOWS SHELLY ROSS, THE CREATOR OF THIS WORKOUT BASED ON SHAMANIC DANCE, WHEREVER ROSS SHAKES HER RATTLE AND BANGS HER DRUM (WWW.KIJO.BIZ).

WHY: KIJO IS A SPIRITUAL PRACTICE MASQUERADING AS A FITNESS PROGRAM THAT INCORPORATES A COMPLETE WORKOUT FOR YOUR MIND, BODY, SPIRIT AND EMOTION. IT HAS ALLOWED ME TO CONNECT WITH MY BODY IN WAYS I HAVE NEVER IMAGINED POSSIBLE. MY LIFE WOULD BE TOTALLY UPSIDE DOWN, SIDEWAYS AND IN A CONSTANT STATE OF CHAOS IF IT WASN'T FOR SHELLY ROSS AND KIJO.

WHERE YOU TRAIN: EAST BAY DANCE CENTER IN OAKLAND.

TIME YOU GET UP IN THE MORNING: 6:15 A.M.

MOST ANNOYING THING PEOPLE ASSUME ABOUT ATHLETES IN YOUR SPORT: PEOPLE DON'T THINK IT'S A CARDIOVASCULAR WORKOUT, BUT IT ABSOLUTELY IS. YOU GO UP AND DOWN, YOU SWEAT, YOU EVEN DO INTERVAL TRAINING.

COME CHECK OUT OUR LOCAL SHAMANISTA AND SEE WHAT ALL THE BUZZ IS ABOUT!!

COME JOIN SHELLY AT THE EAST BAY DANCE CENTER, SUNDAYS @ 9:30 AM, MONDAY & WEDNESDAY @ 8:45 AM.



Randi Shepard (front, left) practices Kijo, a shamanic dance fitness program, in Oakland.

GREATEST ACCOMPLISHMENT: BECAUSE OF KIJO, I'M ABLE TO CARRY A 50-POUND BAG OF DOG FOOD FROM THE TRUNK OF MY CAR 30 FEET INTO THE HOUSE. MY UPPER-BODY STRENGTH WAS WEAK BEFORE I STARTED.

GEAR YOU CAN'T LIVE WITHOUT: JEWELRY! PART OF MY DAILY RITUAL IS TO WEAR JEWELRY THAT IS COLOR CODED WITH THE INTRINSIC INSIGHTS OF THE MAYAN CALENDAR. THIS HELPS HOLD THE SPACE FOR MY KIJO PRACTICE.

BEST TIME TO TRAIN: WEDNESDAY MORNINGS AT 8:45 AND SUNDAY MORNINGS AT 9:30.

ADVICE YOU'D GIVE A ROOKIE: DO NOT OVERTHINK OR JUDGE YOURSELF. THIS IS NOT A COMPETITIVE SPORT. IT IS A SPORT THAT INVOLVES TRANSFORMATION AND CONNECTION TO SELF, EARTH AND HUMANITY.

EAST BAY DANCE CENTER:
1318 GLENFIELD AVE.
(CROSS STREET PARK BLVD)
OAKLAND, CA 94602

WANT TO FIND OUT MORE? GO TO WWW.KIJO.BIZ FOR ALL THE INFO