



Jody Augustyn

A Growing Business

Shanti Yoga and Ayurveda



Introduction

Shanti Yoga and Ayurveda is a local Loup City business that began in July 2011 by Jody Augustyn. Yoga and Ayurveda were new to this rural Nebraska area, yet the business has prospered with a second location in Kearney, NE; a Yoga Alliance 200-Hour Registered Yoga Teacher Training Program happening right here in Loup City; and now Ayurvedic Health Consultations available utilizing education on diet and nutrition; daily schedules; herbal teas and supplements, the use of essential oils to improve one's health, and inviting yoga

and meditation into the healing process. All of this business formed its' roots in Loup City, NE and just recently this local business was recognized as one of "The Best of Kearney" Yoga Studios by the Readers of The Kearney Hub.

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Not a stranger to receiving accolades for her business venture, Jody received the Excellence in Economic Development Award from The House of Representatives, as it was presented by the Honorable Adrian Smith in 2016. At that time, Jody was pleased with her growing business but expressed that there was more coming to this little corner business as she was preparing for studies to become an Ayurvedic Health Counselor. After 700-hours of training, she received her Diploma from the Florida Academy of Ayurveda as an Ayurvedic Health Counselor -- however she was unable to attend her graduation due to Hurricane Irma arriving that same week.

So this little corner business, located at 609 O Street, once housed Kowalski Feed and then became a circuit weight training center housed a chiropractor for a few years, added a yoga studio into its' services, housed a massage therapist for a few years, and now houses Ayurveda and Yoga Teacher Training.

Augustyn says, "Yoga took on a life of its' own. When I was in Florida (only because my daughter lives there) and completing my 200-hour training in one month, halfway through I called Elaine Reiter and told her this was "to good of stuff to not share. Can you get me a few students to practice on?" Arriving home on July 4, 2011, she began teaching July 15 in Loup City at her home -- her first students being Elaine Reiter and Vivian Damrowtowski. The classes have flourished through the years and finally settled on the corner of 6th and O Street.

At the time, Jody was an Aflac Insurance Agent and one of her clients in Kearney found out she was teaching yoga and with a few weeks , she was teaching in Kearney, also. Augustyn says "Kearney has had me there for the past 7 years and it was this year (2018) that my

yoga studio "Shanti Yoga and Ayurveda" was voted "The Best of Kearney". I didn't even promote the voting because I felt there were greater, more brick and mortar studios that would receive accolades -- I just drove into Kearney every Monday and Wednesday, taught 4 classes and came home. I was so surprised I received this award. I thank all of my students for their votes."

Aflac has gone by the wayside, as yoga continued to push its' way into her life, challenging her with the thought of a yoga school. "At that time (2014), I was the only yoga school between Denver and Lincoln. Students were so shocked to find me -- in Loup City!!!! " Augustyn shared. Students have come from Eustis, Albion, Kearney, St. Paul, Lexington, Wood River, Atkinson, Ashton, Grand Island, and Arcadia, as well as a recent graduate from Loup City. To date, 12 teachers have graduated from the Shanti Yoga Peace. Peace. Peace. Yoga Teacher Training Program, registered with the Yoga Alliance. Augustyn confidently says, " This is my own school -- I created the curriculum, I teach the lessons, I graduate the teachers -- the Yoga Alliance is the governing body which insures that my curriculum meets their standards for training teachers." Elaine and Larry Reiter, Vivian Damratowski, and Carolyn Kelsey have graciously provided accommodations to out-of-town students, welcoming them into their homes on late Friday nights , only to find them back at school Saturday morning at 6 a.m. Many local students have hosted celebratory graduation parties for the yoga teachers. For that, Augustyn is forever appreciative.

Ayurveda, being the sister science to yoga, "was calling me since 2011 when I began working with an Ayurvedic Health Practitioner in Florida." Finding simple ways to improve my health, and more importantly realizing I was responsible, capable, and able to care for the body I was given -- and in the event that I needed help, there were many other professionals there to assist -- but the primary care belonged to me. "So through diet, exercise, and basic care, I improved my health a lot and continue toward the journey of perfect health." "This, too, strikes, me as "something that is too good to not share" which is why I grew hungry to learn it and receive my credentials as an Ayurvedic Health Counselor." So, in August 2016, Augustyn embarked on that journey, enjoyed every bit of it, but

stressed like a college student toward the end as the load became heavy and it seemed she could fit anything else into my brain. "I was so relieved when I sent in the final assessment (I completed 50 assessments on volunteers as part of my graduation requirements) in for grading. I had completed the program -- but I had to take that final exam -- which I scored a perfect 100% on. I was on top of the world -- but I was tired!"

Ayurveda is slowly to life as a business as Augustyn is accepting appointments for health assessments and providing guidance in nutrition, diet, exercise, essential oils and herbal teas. The three most common recommendations she offers is:

1. Get up before the sunrise (even if it is only one minute) and go to bed before 11 p.m.
2. Clean your tongue with a copper or surgical steel tongue cleaner before you brush your teeth. The toxins accumulate on your tongue during the night and need to be scraped off instead of brushed back into the tongue. Try it, you'll see what I'm talking about.
3. Drink your herbal tea. I can make personal blends that will compliment your health goals.

Ayurveda.....the science of life....the science of longevity! It's here, in Loup City...just for you

Conclusion

Venturing in business in nothing new to Jody. In her young years, she opened the second tanning salon in Lincoln -- a long time ago -- raised a family while volunteering relentlessly at her children's schools, then venturing into the African Safari Business, which over a 5 year span, she took nearly 35 bow hunters to Africa for hunting excursions. Yoga and Ayurveda, however, are her passion and will remain with her for the remainder of her life. Please come learn and share with her. She welcomes you.

For further information, you may contact Jody Augustyn at 402-525-5249 (text or call); email her at jodyaugustyn@msn.com; or visit her website at www.jodyaugustyn.com