

Community Spotlight

Pamela Brewer

BY STEPHANIE MATLOCK



there, Brewer's relationship with the practice grew and she has been involved with it ever since. She has been teaching for about a decade and said she feels it was a necessary step for her. "When you teach something, it takes you to a different level of learning," she said.

Brewer previously taught at a gym, but was eager to try something different. She became involved with Ruta Maya through some of the employees who had taken yoga classes with her. "I wanted to do my own thing and see what happened," she said.

Through this connection, Brewer began teaching at the shop's new location about four years ago. The classes basically caught on through word of mouth and now there are free yoga classes six days a week. Saturday has become the busiest day for yoga at the coffee shop, but customers are enthusiastic about yoga all week long. Ruta Maya even introduced Happy Hour Yoga, a post-work class designed to help relieve stress.

Brewer's style focuses on Ashtanga yoga and she even spent time in India practicing her craft. She also teaches a more intense Vinyasa style at Ruta Maya on Tuesdays and Thursdays. Regardless of your level, there are plenty of options to choose from when picking a yoga style. "I think there's a style of yoga for everyone," she said. Brewer also teaches yoga at The University of Texas as part of their wellness program, along with private classes as well.

On her own time, Brewer relaxes by walking around Town Lake — recently renamed Lady Bird Lake in honor of another Texan, Lady Bird Johnson. A Dallas native who has enjoyed living in Austin for the past 20 years, Brewer loves to take advantage of all the festivals and music events around the city. "There's something for everyone!" she said.



If you're looking for a great place to relax and practice yoga, look no further than one of the best coffee shops in town, Ruta Maya. The combination may seem atypical, but it's time to leave those conventional thoughts behind — after all, this is Austin!

Most days of the week you will find Pamela Brewer at Ruta Maya doing what she does best — yoga. The local coffee shop has been ranked among the top 10 best coffee bars in the country and attracts customers from various parts of town and all walks of life. Brewer loves teaching yoga here due to the diversity of the people the shop attracts. From artists to realtors, Brewer said the classes allow people to get to know each other and find out what is going on around town. She is inspired by those she meets and said she feels the classes are beneficial to those who want to practice yoga but perhaps are not able to afford a pass at a gym or attend a yoga center. Best of all, the classes are free with a purchase at the bar.

Brewer became interested in yoga as a teenager when PBS shows started promoting yoga and Eastern philosophies. She began learning and reading about yoga and other practices such as meditation. From