

### M. BASKETBALL CONTINUED

"I just think we're all clicking," Jones said. "Everybody's locked in to what we are doing. We're playing off one another and we trust in the coaches and the scouting report. I think everybody knows their role right now. The people off the bench bring energy to help

on Bowers. Senior guard Jordan Green said Auburn has talented players, just like every team in the SEC.

"They have an aggressive scorer in [Harrell]," Green said. "They have a big man in Bowers, who goes out and is real active. I know they have a talented team. Every SEC team is talented. It's all about, on that day, who's going to play hard and who's going to follow the scouting report."



Vanessa Peña — THE BATTALION

Junior **Jalen Jones** said the A&M teamwork he has seen gives him high hopes for the game against Auburn Tuesday.

the starters out and the starters are doing a great job of producing."

The previous contest between the Tigers and Aggies ended with Auburn taking a 69-64 win in College Station on the last day of conference play. Texas A&M owns the all-time series with Auburn 5-3.

The Tigers (10-9, 2-4 SEC) are led by the scoring duo of guard KT Harrell and forward Cinme-

Harrell leads the team in scoring and ranks second in the SEC with 17.4 points per game. Against Alabama, Harrell scored a team-high 22 points and is averaging almost 23 points per game in his last three contests.

Bowers has been finding success in the post this season, averaging a double double with 13.5 points and 11.4 rebounds per game. So far this season, LSU's Jordan Mickey is the only other player in the SEC to average double figures in points and rebounds.

In the previous matchup for the Tigers, they fell to the Alabama Crimson Tide 57-55 in Tuscaloosa. With four seconds remaining in the game, Alabama guard Rodney Cooper scored the game-winning layup to give Auburn its third loss in the last four games.

The next time the Aggies hit the hardwood, they'll return home for a matchup against the Vanderbilt Commodores at 3:30 p.m. Saturday in Reed Arena.



Nikita Redkar — THE BATTALION

Yoga Pod students participate in a yoga class that focuses on breathing, meditating and body movements.

## Yoga culture finds B-CS niche

Community works to promote wellness through training

By Amanda Talbot

Yoga practices and its mental, physical and spiritual benefits have experienced growth in the Western regions of the world, including Bryan-College Station.

In response to misconceptions surrounding yoga, Mia Neuenhoff, instructor and manager at Yoga Pod, one of the outlets in Bryan-College Station that provides yoga training, said attempting to understand yoga is the first step to demystifying it.

"It is Eastern-based," Neuenhoff said. "It's more of a spiritual practice — the postures are only one part of it. As far as the Western view of it as fitness, I think fitness is what brings them through the door."

Bridgette Russell, intern at Yoga Pod and sports management graduate student, said yoga isn't exclusively for women but for men and children as well, to make them more aware of their own physiological makeup.

"I think it really helps people

learn more about yoga and how yoga can really help you as opposed to just losing weight or going through a practice not even thinking about it, not really trying to get the full benefits," Russell said.

There is more to yoga than the exercise aspect of it, Neuenhoff said. Practicing yoga as part of a holistic lifestyle pays mental benefits as well.

"It's like an iceberg where the tip of it is the physical and that's what you see, but it's what's below the surface that's the bigger part of it," Neuenhoff said. "They start to realize it. They know they're feeling better — more than just physically and they know they're happier when they leave and they want more of that."

Exercising with yoga positively affects many different body systems and promotes good health longevity, Neuenhoff said.

"It affects your skeletal system, your muscular system, your circulatory system, your respiratory system — all of this is affected by yoga in a good way," Neuenhoff said. "They feel good because things are flowing — their energy is flowing, their lymphatic system is flowing, every-

thing's flowing — they have better circulation."

Breathing patterns are also key when it comes to yoga, Neuenhoff said.

"The physical may be what brings them in, but as they get into the breath work, they start to realize there's more to it. The breath helps calm," Neuenhoff said. "It helps to control emotions. You just start to feel better emotionally when you do yoga."

Jan Boone, Yoga Pod instructor and renewable natural resources senior, said she makes it her goal to ease her students into yoga and the holistic lifestyle in order for them to eventually improve their health in all aspects.

"It's [the holistic lifestyle] basically just nourishing your body physically, mentally, spiritually," Boone said. "So that can be your food, your exercise, but also through searching out things that are fulfilling to you."

Yoga Pod is hosting a New Year Yoga Party from 4:30-9:00 p.m. Tuesday that will include free yoga classes, door prizes, food and the chance to win apparel from Lululemon.

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**ACROSS**  
1 Croc's cousin  
6 Ocala (Central American nation)  
10 Short-term worker, for short  
14 Without assistance  
15 Snug...bug in  
16 Black-and-white cookie  
17 Mothers of colts  
18 Cast a ballot  
19 Very funny person  
20 Ambulance destinations: Abbr.  
21 Review of the day's happenings  
24 Money, slangily  
26 End of a college URL  
27 Makes indistinct  
30 Fireplace residue  
34 Toward sunrise  
37 Shoestring  
39 Poisonous substance  
41 Funny TV program  
44 Group being taught  
45 Scotland, Canada  
46 One-spot playing cards  
47 Incredible bargain  
49 Securing, as shoestrings  
51 Pas' partners  
53 Marsh grasses  
56 Nonscripted TV program  
62 Part of a barbecued "rack"

**DOWN**  
1 Checkers or Monopoly  
2 Warning signal  
3 Sculpted form  
4 Washington's bill  
5 Deal in secondhand goods  
6 Rant and...  
7 Clothes-pressing appliance  
8 Adorable child  
9 List at a meeting  
10 Flipped  
11 One of the Great Lakes  
12 Cat's cry  
13 Soup-making vessels  
22 Bank's safe  
23 Great enthusiasm  
25 Slow-witted  
28 Baseball game delay  
29 Go quickly  
31 Public tribute  
32 Business boss, for short  
33 Dish (potato or rice)  
34 PC bailout key  
35 Fails unwell  
36 Numerical fact, for short

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EONS	SPED	KNEES

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