



Brett Vito: Loss points to upside, downside of UNT’s shift in scheduling philosophy
»» Sports, 4A

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BUSINESS



Camila Gonzalez/DRC
Blue Anjou Yoga Studio offers a variety of classes, including meditation, vinyasa and restorative yoga. The studio is celebrating 19 years in September, and it also has a new owner this year, Noshin Jamal.

Blue Anjou Yoga Studio marks 19 years as new owner continues holistic practice

By Camila Gonzalez
Staff Writer

Take a break from notifications, alarms and daily stress at this local yoga studio’s birthday celebration. Blue Anjou Yoga Studio, located at 427 W Main St. in Lewisville, is celebrating 19 years of business. Teachers will lead free yoga classes all day on Sept. 12 and 15, plus there will be a community drum circle, restorative sound baths and more. Participants can sign up for classes on the studio’s website.

“What an opportunity to be celebrating 19 years of this amazing place that firsthand helped me and has helped many before me,” new owner Noshin Jamal said.

Jamal trained and taught at Blue Anjou before taking over as owner in May. She said yoga and meditation were present at different points throughout her life. “My earliest memory [of meditation] is when I was 3 years old,” Jamal said. “My mom used to take me with her to our community center, and I saw both my parents practice meditation.”

She practiced yoga off and on throughout her life, as she climbed the corporate ladder in the pharmaceutical and then financial industries. Eventually, she landed her dream job as an operations manager with the American Heart Association.

In 2021, about four months into that job, she



Courtesy photo/Blue Anjou Yoga Studio
Noshin Jamal started coming to Blue Anjou Yoga Studio as a student, then became the studio’s owner earlier this year.

got into a car accident. “[My husband and I] were at a stoplight in Plano, and a 23-year-old kid on his phone rear-ended us,” she said.

The crash impacted nerves in her hands and neck, which required multiple surgeries.

“That whole year, pretty much, I spent in the hospital,” Jamal said.

After her surgeries, her doctor recommended yoga as part of her recovery.

This led Jamal to Blue Anjou. At the time, and for most of the studio’s history, it was owned by Lisa Nicholson. The studio was originally founded by Deanna Shires.

“It started with the idea of building community,” Jamal said. “People can

gather to practice yoga, not just the physical [but also] the other stages: meditation, concentration, doing good to others and doing good to self. This is a studio to provide what yoga is holistically.”

Jamal was inspired to participate in a 200-hour yoga teacher program that Nicholson offered. The opportunity came at a perfect time because her injuries prevented her from returning to a 9-to-5 job.

“I was very lost, honestly, because I couldn’t go back to work,” Jamal said. “I asked the universe, I asked God. I said, ‘Please guide me. Where do you want me?’”

She started the program in March 2024 and completed her 200 hours last October. As she taught yoga classes, she knew she wanted to learn more. This led her to a 300-hour program in Bali, which she completed at the beginning of April.

While in Bali, Jamal also became a Reiki practitioner. “Reiki essentially is the energy of the universe channeled through the practitioner to the receiver,” she said.

While Jamal was working on this program, Nicholson called her to ask if she’d like to take over Blue Anjou. Jamal happily agreed.

She is also a master sound healer and holds certifications in yoga nidra and chair yoga. She said she is particularly drawn to sound

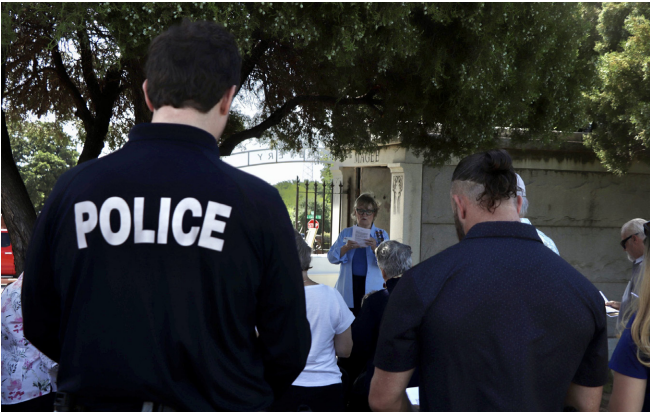
See YOGA on 2A

FESTIVAL



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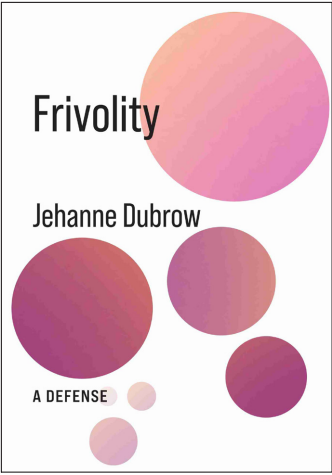


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UNIVERSITY OF NORTH TEXAS



In defense of frivolity: A UNT professor on why it’s important to be unserious sometimes



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