



Getting to Know You

A monthly
feature
about the people
in your
On Top
of the World
community

by
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Marilyn Pashowsky at the Tropicana Hotel in Las Vegas.



Marilyn teaching a triangle pose to her yoga students.

OTOW Sun-Moon Yoga instructor got her start dancing in New York City and Las Vegas

Marilyn Pashowsky is a lean, lythe and fit On Top of the World resident who will be turning 70 years young next month.

If you're wondering what her youthful secret is, read on.

Our story begins in 1965. Marilyn had just graduated from high school in Connecticut and decided to move to New York City to pursue a career as a Broadway dancer.

Sounds like a familiar teen story, doesn't it?

Marilyn's dad gave her two months before, he predicted, she would be home with her proverbial tail between her legs, ready to begin a normal, sensible life.

More powerful words were never spoken.

Life in New York City is hard for anyone aspiring to become anything. It is a tough task master and Marilyn's story is no different from countless others.

Whenever things got tough – and they did – she would remember her dad's ominous prediction and work that much harder, that much longer. She studied dance at Luigi's Jazz center and at the Ballet Russe School of Dance while slogging from audition to audition.

Marilyn hadn't come to The Big Apple as a naive greenhorn. The year before she had performed at the Ted Shawn Theater in the Berkshire Mountains at Lee, Mass. This was under the tutelage of Ruth St. Dennis and Ted Shawn in their production of "Whipporwill" and in Bill Miller's "Golden Girls."

But, green or not, Marilyn was forced to support herself as a waitress most weeks because paying gigs were too few and far between.

In 1966 she began dancing in the chorus line in the Follies de Paris at the Tropicana Hotel in Las Vegas and in 1967 she landed a spot in the chorus line for "Music to Watch the Girls Go By" with Andy Williams and Henry Mancini.

In 1973 Marilyn moved to Pomona, N.Y., to get married. A year later she and her husband welcomed a son into the world. Then in 1977 she began life as a single mother.

Marilyn continued to support herself and her son as a waitress and attended New York City's Kree Institute of Electrology. She graduated in 1978 and became self-employed as a licensed electrologist until 2004.

She continued to add skills and certifications like reflexology, shiatsu, Thai massage and Reiki to her impressive arsenal of personal services.

In 1993 Marilyn began her first yoga instructor training. Since then, she has amassed more than 2,000 hours of instructor training in yoga and there is no evidence that she is ready to quit this healing part of her life and career.

To use her own words, "it is a loving addiction."

In 2005 Marilyn's life took a warm turn. She left the wintry northeast, migrated south and went back to school in Fort Myers to become a licensed massage therapist at the Florida Academy of Massage and Skin Care. She spent the next 10 years on staff at the Ritz Carlton Beach Resort in Naples serving up non-stop massages to their well-heeled clientele.

Marilyn bought a condo in OTOW in 2013, spruced it up and moved here in 2015. The next year she began teaching hatha yoga.

Her impressive list of yoga certifications are too numerous to include in these few words. Sun-Moon Yoga, the name Marilyn chose for her classes, expresses

the sanskrit name of this "postures" style of yoga. It is a 5,000 year-old cross between science and medicine that promotes natural healing, alignment and the release of the body systems to a state of wellness and balance.

You might wonder why Marilyn chose yoga as a profession?

Well, in a small way, it was self-serving. She found that after doing massage and electrolysis for so many years, it was time to align her own body. She also found yoga to be an effective method to manage her anxiety and panic attacks. That's what's called a win/win.

Now Marilyn is passing on this healing medicine to members of our OTOW community. You can join Marilyn and her students on Mondays and Wednesdays in the East Activity Center gym from 11:30 a.m. until 12:45 p.m. for Sun-Moon Yoga.

Marilyn also provides home massage service and mobile massage for those who are in need of some deep tissue work or simply some relaxation massage for those aching muscles.

If you need more information, call Marilyn at 239-464-9421.