

# Life Is a Symphony



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## **Meet Laura Markowitz...** *violinist and yogini*

If she could change anything about herself, Laura would have more courage. Getting certified to teach yoga (which she did recently in a month-long retreat at the famed Kripalu Institute) seems pretty brave.... She now teaches a community yoga class in Jericho, where she lives with cellist John Dunlop and cat Tika.

Raised in Pittsburgh, Laura came to Vermont in 1992. Her time is serenely balanced between teaching and performing – both folk and classical – but if she weren't on cloud nine being a musician, she'd be a farmer.

Pet cause: alternative currency

Secret ambition: memorize Bach's *Chaconne*

Favorite movie: *Black Orpheus*

Last book read: *The Diaries of Jane Somers*, by Doris Lessing

Favorite way to spend an evening: jamming into the wee hours!

