



I've taught yoga since 2005. I've owned and operated a small studio for 10 plus years. Teaching is a passion of mine. I wish we had an English word for teaching and learning simultaneously. That is the process of yoga. Your breath, the body teaches while you observe and maybe the teacher gently if not cautiously reminds you of that. Asana is a blessing to the earth and to all bodies who practice with honesty. I find it's a great tool for peeling the layers back in and of ourselves. The mat can be a ring we fight in or a temple we serve in. I like the temple path... that's what I try to teach. Let's come to the mat to eat and nourish not fight and starve. Let's pass along good food, good thoughts, good breathes, all the way down the line....