

Transformational Neuro-Somatic Strategies for Vibrant & Resilient Health and Happiness

In recent years, Yoga has become a far more visible, widely accepted and frequently recommended practice here in the United States. Perhaps you're one of the many who have received a recommendation from their healthcare providers, not merely the internet.

But what next?

How do we begin this seemingly strange and intimidating 'thing' called Yoga? Where do we go to meet our needs, feel safe, encouraged, supported and honored as the unique individuals that we are? Studios seem geared and paced toward people already doing Yoga—I won't fit in and won't catch on. And those yoga clothes: give me a break~! Videos? I can't tell if I'm doing the position correctly, safely and productively—while remembering to breathe~! Or, I have an injury or chronic issue that requires some extra attention and modifications.

I totally get. all. that. I was there 16 years ago.

Yoga simply begins with a budding willingness, a curiosity about the possibilities, a desire for improvement, and as I well know from my own beginning:
courage.

Then Yoga meets and embraces us *wherever we are....truly, gently and Infinitely.*

That's the amazingly adaptive nature, beauty, mystery and design of Yoga:

Yoga does the Work for us and within us~

We move and 'play' with Yoga so Energy can move and play *within* us...

to cultivate the *Yes~!* in our Bodies, Minds & Hearts...

to enjoy the Freedom of *Choice* and Health in our Lives~

"That's exactly how it is in yoga. The places where you have the most resistance are the places that are going to be the areas of the greatest liberation." ~Rodney Yee

Teaching since 2003, Transformational Yoga is my eclectic, intuitive blend of primarily Hatha Yoga, incorporating Grace-filled Flow with sustained Surrender, to encourage your Body's innate Wisdom and steadfast Breathing to flourish & guide you to Freedom. My Spirited Intention is to cultivate a Moving Meditation within an Inspiring, non-competitive environment, conducive to dissolution of illusions and limitations: a 'work-in' rather than a 'work-out'. Kriya, Vinyasa, and LifeForce Yoga along with other expressions of Hatha Yoga and Liberating Movement may appear in our practice of Presence and Heartfulness....intuitively seasoned with a variety of yogic components, punctuated by a luxurious Savasana (ending relaxation) serenaded by **The Gong**. The optional, elective jewel of the practice, Meditation, comfortably, productively and successfully unfolds with greater ease and efficacy.

Transformational Yoga is a Soul-Sparking Opportunity for *profound* Transformation through Self~Empowerment, Discovery and Illumination for expanding the possibilities in your Life as you free yourSelf from all levels of illusions and limitations~ Freeing the Range of Motion and Potential of your Mind, Body, Heart and Soul, enhancing every beautiful possibility in your Life~

Together we cultivate the Yes! in our Bodies, Minds and Hearts~

The Infinitely adaptive Nature of Yoga can accommodate Everyone:

Practicing Yoga is a personalized and Living Blessing~!

All levels of ability and familiarity can practice and benefit from Yoga, utilizing a sentiment from Karl Marx: "...From each according to his ability; to each according to his need...". I honor the Individual with a supportive, enjoyable, uplifting, and practical approach to encourage attainable and sustainable integration of Yoga into one's Life. My Heart sings when someone, after experiencing substantial challenges, physical or otherwise-- comes to Yoga with Hope, Courage, Curiosity and Dedication for Transformation.... compassionately modifying the practice in response to their Inner Guidance....nurturing the gift and privilege of our Body.

As many have said before me, there is no singular destination in Yoga; it is always a gateway to more within you in communion with pure Potential. The purpose of the active sequences of Yoga is to cultivate and activate a Meditative Heart and Mind. The ideal of "perfection" is living each moment as an expression of your presently available Excellence. Yoga is a dynamic, potent, and empowering tool to nurture a loving, creative partnership with and respect for the wisdom of your Soul-Body & your Inner Teacher: the Journey is as unique as you are~

Yoga is a practice of and for Awareness....a continuous export to EVERY facet of your Life~! Awareness of Breathing, Posture, Sensation & Alignment benefits the 24/7 relationship of Living with and within your Body. Consciousness expands as Yoga quietly purges mental and emotional residues which crowd Awareness. Flexibility and Balance illuminate all of your capacities and facets: physical, mental, emotional and spiritual....Yoga goes with you EVERYwhere with its *you*niversal applications~!

Yoga is also an amazing tool of self-reflective Metaphor and Intention, which we utilize throughout our practice as a Living Laboratory of safe exploration, meditation, revelation, and identification with our True Identity as a Spiritual Being within a human experience. I am dedicated to offering useful, Inspiring assistance in support of your awareness, whole-ness and deep Well of Being for a fulfilling & dynamic experience of your Life. It just feels GOOD to be proactive... to Love, Care for, and reveal your Precious Being through Yoga, feeling more Connected to and Conscious of its Miraculously dimensional design & function.

Neuro-Somatic:

Neuro = Nervous System; Soma = Body

**Yoga is an Ancient Art & Science brought to Life
with your every deliberate Breath, Thought & Movement~**

The Many Benefits of Yoga and Neuro-Somatic Strategies

- Yoga Promotes Balance, Flexibility, Strength, Focus, Stability, Endurance, and greater Awareness of Breathing and Posture.
- Deeper still than those life-enhancing aspects, Yoga helps us understand and live the Mind~Body~Soul connection: we truly are a relational database; intrinsically equipped with Pure Potential, without end or beginning...
- Yoga re-connects us to the Divine Design of our Soul-Body, its Purpose & Potential.
- Yoga gently eases Emotional and Mental Stress out of your Body and Mind, enhancing one's Ability to Relax more Completely...and Heal.
- Yoga strengthens the Body's Glandular Systems, especially the Immune.
- Yoga Revitalizes, Cleanses, Energizes, Restores, Activates, Nourishes, Empowers, Neutralizing Stress.
- Yoga fortifies your Light Body: the Energy Template of your Being
- Yoga balances of Brain Chemistry for natural and sustainable Mood Management and Stabilization.
- Yoga profoundly Improves Quality of Sleep and Depth of Concentration by clearing, calming and centering the Mind.
- Yoga stimulates Personal Growth and Capacities through Awareness, Internal Sensitivity, Clarity and Discernment.
- Yoga cultivates the aforementioned functional assets of your Inner Teacher/Heart/Holiness to Be Present with What Is, and to lovingly utilize strategies when the Mind drifts.
- Yoga is a Journey of Self-Discovery and Transformation, practiced for YOUR Highest Benefit and Intention, not the Teacher's.
- Yoga is an excellent Complement to any physical activity, as well as a Great Beginning.
- "But I'm not Flexible" is the PERFECT Springboard for Yoga~!
- Prevents the need for so many Massages--Bodywork from the Inside > Out is soooo much more effective~!
- A Tool for Healing various aspects of pain, separation, and discomfort in our Lives, encouraging self-acceptance and forgiveness.
- With Yoga, the Body~Mind~Heart are freed to enjoy their natural Potential, Harmony, Consciousness, Beauty and Love.
- Develops patience, compassion, perseverance, understanding.
- ["The Fuzz Speech"](#) is an informative and "I"-opening video by Gil Hedley explaining the importance of movement and stretching to maintain the flexibility of the tissues of the body. Fuzz never sleeps~!

During your Transformational Yoga session with me, you are skillfully guided through a Heartful, appropriate series of movements (called postures or asanas>ahsuhnuhs), attending to basic components spirit of healthy alignment, offering modifications or alternatives when beneficial without suffocating the Spirit of your experience. These asanas have Sanskrit names (the language of Yoga), but I speak them in English. (E.g: Triangle for Trikonasana) Throughout our practice, I employ therapeutic repetition and extension of asana and kriya - to strengthen the nerves, promote neuromuscular re-patterning, and train the Mind to serve as it purges samskaras, mental, emotional, & physical residues and associated limitations... to tap into who you truly are....beyond sensation and duality. We maintain a flexible pace and consistent depth that is comfortable and steady for you: Grace-filled Effort balanced with sweet yet sturdy Surrender; giving with sincerity and humility that which we wish to receive: Freedom~

***The Soul-Body & Spirit have very different ideas of 'success'
than what the Mind often does~***

A few suggestions for comfort and efficacy: non-restrictive, non-annoying clothing; a yoga mat (or 2 for superior cushioning), water, a towel and perhaps a blanket; clean bare feet, and a well-hydrated body that enjoyed a nourishing meal 2-3 hours before your session. Since clarity and creativity naturally arise from your Yoga practice, pen & paper handy are handy to jot quick notes. Initial and periodic soreness is not unusual, as Energy awakens and expands the neuro-myofascial web within our Bodies. Through your practice of Yoga, you may discover the benefits of additional proppage: blocks, blankets, etc....necessity is the Mother of compassionate invention and modification...and Transformation~

Typically, a Yoga class is 60-90 minutes,
but please don't think any less is not worthwhile~

If all you can spare is 5 minutes, then !!YOGA~!!

Your Being will be grateful for your offering of Love & Care, no matter if abbreviated.

Yoga gives back SOOO much more than it ever takes from you or your schedule~

Private Yoga Sessions are also wonderful trailheads for your personal Life Journey--- whether you are just arriving or have many miles of practice behind you. In any case, investing \$75 into 1.5 hours of Yoga tailored to your needs and interests reaps extensive benefits~! Your interest could be Basic Yoga, or gaining confidence in studio practice, or insight into alignment or practice issues, or cultivating a healthy, durable Brain, or Breath-Body Awareness to address flexibility and balance, or you have an issue that imposes on the comfort and function of your Being, or as a somatic strategy to support cognitive therapy, recovery or weight loss... or just for the pure enjoyment of giving Yoga to your Body and Being~!

***Yoga is waiting for you to give it an Opportunity to
make healthy contributions to your Life~!***

Prescriptive Posture Assessment + Prescriptive Recommendations

Posture exerts significant, reverberating influences on the function of our Bodies, not to mention our general sense of 'Self' and the unspoken messages our Posture communicates. Our spine (and our connected musculoskeletal system) is an amazing architectural wonder designed to protect our vital organs and their functions (for example: digestion), as well as support safe and supple freedom of movement--of both our Bodies and its animating Energies.

~Please invest a moment to read [10 Ways Posture Affects our Health](#)~

Even our moods speak through our Posture, and interestingly, are *influenced* by our Posture, too. Posture is an expressive component of our Body Language. I'm super passionate and practical about Posture, love assisting your functional, aesthetic Potential and make learning about Posture and its reverberating effects enjoyable and meaningful.

Cultivating Excellent Posture doesn't have to be Boring~!

In my 60-minute Postural Assessment, you'll receive specific Life-enhancing postural insights and prescriptive recommendations for your current postural habits and their effects, plus lifestyle recommendations and practices to liberate the comfort, function and healthy expression inherent in your own Body. Profound in impact, purposeful Postural amendments can be applied in *all* the ways you live and love Life....and improve the way you meet the World.

Yoga amd Postural Awareness liberate the enjoyable function, comfort & Freedom in your Body~!

Noteworthy Yoga Trainings

Living Yoga Teacher Training Program

Integrative Restoration--iRest-- (Yoga Nidra) Training with Richard Miller

LifeForce Yoga for Depression & Anxiety Practitioner Trainings with Amy Weintraub

Warriors at Ease--Trauma-Informed Yoga

Relax and Renew Restorative Yoga Training with Judith Lasater

Structural Yoga Therapy Immersion with Mukunda Stiles

Power Vinyasa Yoga Teacher Trainings with Baron Baptiste

Yin Yoga with Paul Grilley

Structural Yoga Therapy and Beyond with Gary Kraftsow

Street Yoga--Trauma-Informed Yoga for At-Risk, Special Needs & Underserved Populations

Ageless Grace---21 Tools for Lifelong Comfort

Leslie Kaminoff - The Anatomy of Breathing

Ramanand Patel and Pandit Mukesh Desai

Gurucharan Singh Khalsa and Siri Bahadur; Gurmurkh and Gurushabd Kaur Khalsa

Gong Workshops at Yoga Yoga

Erich Schiffman, Nischala Joy Devi, Donna Farhi

Sally Kempton, Joan Borysenko, Shiva Rea, Seane Corn, Rod Stryker

Personal Trainer Certification

Ongoing Study, Personal Discovery and Reverberating Revelation of Complementary components, modalities and strategies for our Well of Being.