

"No matter where you go, there you are."

I first heard this phrase sometime in the early 80's, a few years before I began studying the science, art and philosophy of yoga and meditation. I still like the way it sounds.

Having made the transition from living in the northern suburbs of Chicago for 27 years and returning to live in Taos, New Mexico in the summer of 2016, I can now personalize this sentiment into "here I am."

What I hope to share with you is the spirit and beauty of this unique place, Taos Yoga Retreat, and the spirit and devotion of my own practice.



From the first moments I walked upon the land and into the adobe dwellings where I now live and teach, I felt it provided the healing presence of space, the holiness of nature and a quiet sanctuary for learning within its thick adobe walls.

I have practiced yoga for over 25 years. I have been teaching for 19 years and accumulated over 1500 hours of yoga and meditation teacher training and taught over 3000 classes, workshops and retreats. My personal practice and style of teaching is a synthesis of hatha, yin and restorative yoga, qi gong, meditation, guided relaxation and contemplation.

Nature and the changing conditions of the land, seasons and celestial movements influence every aspect of my practice. I now name it my *living practice* - a way of being in which the integration of practice is fluid with the thoughts, words and actions of daily life.

Together we can enhance and expand resources for health and wellbeing that become reliable every day. We can explore practices and techniques that release habits and ways of thinking and behaving that no longer serve us. We can dedicate ourselves to awakening awareness and being a presence in the world for compassion and peace.

I teach public classes and offer private sessions at Taos Yoga Therapy.
www.taosyogatherapy.com

Mindful Hatha Yoga & Meditation
Tuesdays 11:00 am - 12:30 pm

Please see the calendar for my full schedule of classes and events.

