

TAWA

Certified Yoga Instructor

Yoga:

14 years of yoga teaching experience

17 years of yoga and meditation practice and study

Particular Interests:

Energy Medicine, the workings of the Universe, and levels of consciousness

Personal Quote:

“Learning to truly love and accept yourself is a powerful act of rebellion, that brings with it the miraculous gift of accessing your personal power.”

Quotes by Students:

“[In Tawa’s class] I always learn new and unique ways to modify each asana for my body, whether to make it easier, or as I progress, more advanced.” JW

“Tawa’s classes are designed to meet you where you are in your yogic journey. She’s brought me into a deeper understanding of asana and alignment. Tawa’s classes have energetically deepened my insight to postures and meditation.” AB

Bet you didn’t know:

Tawa has two beautiful grown children, and she has written and published a book of poetry.

Bonus facts:

Tawa was born in a teepee and has ridden through the Copper Canyon region of Mexico on a motorcycle.

One of the biggest reason yoga stuck for Tawa is that when she started studying yoga philosophy, the study of consciousness, she read for the first time things that she had always innately known and believed. It was a joy to see her own life philosophy reflected back to her in the yogic texts she was reading. The other was (of course), the embodiment of yoga, the physical practice of *asana*. Learning to live an embodied and conscious life was so physically and spiritually transformative to Tawa that she was hooked.