



Tara Anderson teaches Hatha Yoga – Kripalu Style, Chakras classes, and workshops at Flowing Yogi Studio.

Tara has spent the last decade learning and living the art of yoga. What began as a daily gym routine to conquer stress in university has since transformed into way of life and journey of self-discovery. She completed her teacher training at the Kripalu Center (see below) in Massachusetts, and has also trained with teachers from several styles including, Kundalini, Esther Myers Restorative, Ashtanga, and Raja Yoga.

"Every time I pick up a book, or take a course it's about yoga, eastern philosophy, meditation, psychology or healing. I'm fascinated by the human mind, body and spirit and yoga and meditation have been tools in exploring, observing, understanding, my own self and life experiences. My wish is to share these amazing tools with others."

Her classes are meditative and strengthening, allowing ample space for students to discover their own yoga and go at their own pace.

To register for Tara's classes or workshops please call 587-896-1788 or email tarakalyn.Anderson@gmail.com

What is Kripalu Yoga?

Kripalu Yoga is an inquiry-based yoga methodology that promotes the awakening of the life force (prana). Using classic asanas, pranayama, meditation, and relaxation techniques, Kripalu Yoga increases awareness of body, breath, and mind and encourages natural alignment.

Off the mat, this inquiry-based approach to life also encourages natural alignment and increased awareness of our thoughts, words, feelings, and actions. In this way, Kripalu Yoga is the inquiry of optimal living.

Kripalu Yoga emphasizes the mechanics of yoga (proper breath and alignment) as well as the inner, spiritual dimensions of yoga practice. Students are encouraged to honor the wisdom of the body and to work according to its limits and strengths.

The primary objective of Kripalu Yoga is to awaken the natural intelligence of the life-force (the flow of prana) in order to promote thriving in all aspects of life. Because of its approach, Kripalu Yoga is compatible with all other styles and traditions of yoga practice.