“The success of Yoga does not lie in the ability to perform postures but in how it positively changes the way we live our life and our relationships.”

PVR Desai/char

WADEM YOGA

Don't take my word for it. Come and feel it for yourself. Join me every morning from 6am to 7am for WADEM Yoga.

An hour of asanas, breathing techniques, and meditation to start your day centered, focused, and clear.

Through my own personal practice and experiences, I believe that there is a pose for every body. You don't have to be able to touch your toes to witness and feel the profound effects yoga has on the physical, mental, energetic, and spiritual bodies. In order for us to help and heal others, we must first turn our awareness towards and heal ourselves. By placing the body in postures, we start to connect the mind to the body through the avenue of the breath. This highlights how our thoughts, feelings, and emotions manifest deep in the myofascial tissue of the body. With this awareness, we are able to renew the brain and let go of undesirable holding patterns in the mind and body. We can then utilize the tools and techniques they have aided us in our own experience to hold space for others to heal and work through their own personal issues and observe from a non-judgmental perspective.

$40 for a 4 day pass
$15 for daily drop in.

All levels welcome!

Any questions or concerns, please feel free to email me at smfarrellyoga@gmail.com!

See you on the mat!

Sarah Farrell B.Sc,(CMMB), RYT 200