

Peace in Oneself, Peace in the World

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

I first heard this phrase sometime in the early 1980's, a few years before I began formally studying the science, art and philosophy of yoga and meditation. I still like the way it sounds and feels - a somewhat funny and gentle reminder to always be aware of the present moment and align myself with the most peaceful and loving path possible - for my own benefit and the benefit of all beings.

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...

"here I am" or as Ram Das famously suggested and wrote, "Be Here Now."

What I offer and wish to share with you is the spirit and sacred beauty of this unique place, Taos, New Mexico and a retreat experience devoted to your unique way of Being and wellness.



From the first moments I walked upon the land and into the adobe dwellings where I now live and teach, I experienced the healing presence of expansive space, the holiness of nature and a quiet sanctuary for learning and deep meaningful practice.

I have practiced yoga for over 30 years. I have been teaching for 25 years and accumulated over 1500 hours of yoga and meditation teacher training and taught a multitude of classes, workshops and retreats. My personal practice and style of teaching is guided by the Raja Yoga system, traditional Chinese medicine and Buddhist philosophy, a synthesis of hatha, yin and restorative yoga, meditation, guided relaxation and contemplation. I teach what I practice and continue to inform my path with curiosity, discovery and refinement.



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. For me, moment by moment, breath by breath, I am trying to choose the path of awakened and loving awareness.

Together we can enhance and expand resources for health and wellbeing that become reliable every day. We can explore practices and insight techniques that release habits and ways of thinking and behaving that cause suffering or veil our true nature.

I am immeasurably grateful for my precious sons, Daniel and Jake, to my sangha and circle of friends and their unconditional love.

I offer a deep bow of gratitude to all of my teachers and especially to Suddha Wexler, Elesa Commerce, Sarah Powers, Paul Grilley and Henry Shukman.

