

NOELLE TEDFORD 200 RYT

I have been practicing yoga for about eight years. Yoga helped me through a particularly trying time in my life where I was told I would not regain my full mobility. After struggling with occupational therapy, a series of fortunate events brought yoga back into my life. With practice and patience, I not only regained my full mobility, but I noticed a change in my ideals and values. A light-heartedness and steadiness came with my practice and a feeling of love and healing I wished to share with others, in hopes I could help someone the way yoga and my instructor had helped me. I travelled to the mountains of Rollinsville, CO and sought out an ashram called Shoshoni. Shoshoni is one of three sister ashrams the others in Eldorado Canyon, CO and Konalani, HI. It is here where I got my 200 RYT in Shambhava yoga. Shambhava yoga is a blend of yogic philosophy, meditation, life skills and asana. Asana is looked at in regards to anatomy and harm-reduction by utilizing safe alignment and use of props and modifications in postures. Since my 200-hr 21-day emersion I have gone back for two other trainings in Level 2 and Level 3 intermediate classes. I hold my trainings at the ashram sacred to my heart. I drank deep from the well and am eager to help others find their light. As a holistic healer, it is in my nature to spread love and kindness. I truly believe that everyone, any shape or form, can benefit greatly from daily practice in yoga and meditation. To find peace in a world of chaos, might just calm the masses. The true self is ready and waiting to be awoken.

Namaste, Noelle Tedford