



Welcome to Private Yoga Instruction!

I'm thrilled to be able to offer this live in-person, private one-on-one yoga service to those seeking freedom from pain and/or personalized yoga instruction. I recently met with a friend who is preparing for a total knee replacement. As we worked together, I could see his world begin to open up. He had been working strictly with PT's and Chiropractors to help him with his knee.

After assessing his entire body, I was able to give him several exercises, routines, and therapeutic asanas to prepare him to be strong for his surgery. I could see his heart expand with relief and a new sense of hope and healing.

I taught him components of the Ashaya Method of Alignment which he could apply to all of the PT exercises his doctors gave him. With the Ashaya application, he got much more benefit from the exercises. In addition, once he understood the anatomy for how the body works and how the knee works, he was better able to understand his condition, which in part was caused by the way he stood, walked, and placed unnecessary stress on his knee joint. Often these patterns have been going on for a lifetime.

To work with the knee, we had to work with his feet alignment first, then his shins, thighs, hips, and spine. We addressed the optimal way to walk with the proper placement of weight on the big toe ball mound, etc. We even worked with his shoulders and head position to get the head, neck, and shoulders more aligned which more evenly distributes the weight down into the knees.

In short, what I gave him was a total body makeover! Because that's what's needed to get your body back into its natural aligned and healthy position. I work on the whole person.

Recently, I've been working with my swimming buddies. After practice I saw someone rubbing their shoulder, especially on the front inner corner of the top of their arm bone. From my years of experience, I recognize this as most likely related to bicep tendonitis, which is quite common for swimmers.

I asked if I could give him some therapeutics to help out his shoulders and he said sure! Who doesn't want to be free from pain, right? Well, within 10 minutes he was feeling a whole lot better and I sent him home with a set of shoulder therapeutics to practice every day on his own.

He really paid attention to what I was saying and how I was guiding him, which for most the therapeutics I give, is very nuanced and particular. His eyes got wide and full of astonishment! In essence, I felt him being really present and receptive. A week later he was free of pain and has stayed out of pain ever since!

Yes, I know a lot about anatomy and through my 43+ years of yoga study, practice, and healing modalities, I almost always know what the body needs to heal. But I'm a big fan of the body-mind-heart connection and if your mind is full of doubt and resistance, even if I show you the correct therapy exercises, you won't get the benefit.

The healing work I do is wholistic, which means that I work with the whole person – body, mind, and heart, to bring about harmony, functionality, freedom, and more glide in the joints. I help you align your thinking such that your head and heart are going in the same direction. So often the heart wants one thing, but the head wants something completely different. The heart is saying it needs self-care and rest, but the mind continues its drive to push through the pain and get to the goal.

In my private one-on-one sessions, my goal is to serve the highest light in you, to support your body to come back into its natural alignment, and to help you find your "original blueprint" that allows you to bring your best self forward and live your dream.

I look forward to working with you and supporting you on your journey!

Much Love and Light,

Todd