

A Personal Introduction to one of our newer teachers, Anna Vazquez.

Why am I so passionate about Yoga? Through my experience teaching and practicing yoga, I come “home” to my Self and create a wonderful sense of ease, freedom and space to experience the fullness of life. I find balance of internal and external strength, rejuvenation, optimism that I don’t easily experience elsewhere. I deeply enjoy the sense of community that is generated as we practice yoga together, soften the “armor” around the self as a separate, and entrain with the quieter vibe of breath, and expanded focus – both as we restore and as we build strength in more vigorous poses. Exploring grounding physically and mentally is a way to become more stable, more graceful and flexible. I did my teacher training with Scott Anderson in Alignment Yoga – emphasizing not only the alignment of the body, but also alignment with the natural world. I lived at one of the biggest yoga centers in the U.S., Kripalu Center for Yoga and Health, where I completed the Spiritual Lifestyle Training.

My personal challenges living with diabetes and spondylolisthesis have shown me how yoga practice, breath work, and Open Focus can help balance blood sugars, diffuse stress, and ease tension and discomfort in my back. I often work with people that also are living with chronic illness and pain – I know the importance of integration, acceptance, and healing – the body isn’t separate or “bad” and it hasn’t “attacked me”. Yoga and Brainwave training are powerful tools in this process. I hope to reach out to more people that may be suffering and feeling like the quality of their life is forever diminished.

My experience as a musician in the classical realm (Doctorate in performance), as well as improvising meditations and playing for kirtans, has taught me the practical application of yoga – playing the cello is a meditation in motion that attunes me to the present moment and the creative flow of inspiration. I have frequently worked with other musicians to restore the natural balance of the body and mind to enable the Flow state where the actor and action seem to merge in the exhilarating state of “effortless effort”. This peak experience can be experienced in any realm including yoga and is integral to happiness.

I have been fascinated by the mind, human potential and how we can transform from the inside out. As a Brainwave Trainer I help people to understand how to work with state of mind and the content of the mind. We are creatures of habit and are wired to focus on the negative – this can create problems for many of us. Through brainwave biofeedback and specific Open Focus™ exercises for the mind, we can learn to develop healthy patterns that reinforce the life that we truly desire to live. (Open Focus™ was first developed by one of the pioneers in brainwave research, Dr. Lester Fehmi. The recent research on Open Focus™ shows it to be even more effective than Mindfulness Based Stress Reduction.)

My yoga classes integrate foundational poses, healthy alignment and breath patterns, Open Focus™

exercises and meditative cello improvisation. My approach is warm and personalized to meet the each student's needs. I guide students to develop a comfortable, joyful experience with their bodies, to learn how to quiet the mind, and encourage them to come "home" to the Self .