

Tamara Nicholson

Tamara believes in yoga's potential to improve one's life and has made the practice of yoga an integral part of her life. Her journey with yoga began in 1998. Tamara's personal practice soon opened the door to pursue a more applicable understanding of yoga philosophy. She is a Certified Yoga Instructor, having completed my training in the Ashtanga Yoga System in March 2002 with David Swenson.

Tamara's interest in yoga for children started when her two daughters wanted to practice alongside her. She soon realized that a different, more playful approach was needed when guiding children. As the child metamorphoses into a young adult, the teaching process changes again to meet their changing needs.

Tamara also believes that in teaching women, the needs shift and change as we move into the wise woman years prior, during, and after menopause. She believes that yoga can help women to celebrate this change.

Some of the workshops and conferences that have shaped her yoga practice include:

- Yoga Therapy with Mirka Kraftsow
- Moving into Meditation with Sharon Gannon
- Chakras and the Energetic Body with Shari Simon
- Omega Institute, the Essence of Yoga, NYC Conference 2004

Some of those generous and caring guides along the way have been people you may recognize: Shari Simon, Margueritte Henderson-Costello, Donna Feiner and Manju Jois, son of the eminent yogi Shri K. Pattabhi Jois.