

Rob Tegge

Rob was initially drawn to Yoga after sustaining injuries brought on while training in Brazilian Jiu-Jitsu. He began studies of Ashtanga Yoga in attempt to heal; learning how to piece the sequence together while coordinating breath & movement. After discovering its deep healing potential, Rob realized he needed to spread the knowledge of this beautiful system, and so he completed his 200 & 300 hour Anatomy of Ashtanga Yoga Teacher Training at Sun Dog Yoga Studio in 2016 & 2018 respectively. Yoga is a tool that can shift your mind out of cyclic thought patterns and project one onto a path which facilitates healing and spiritual growth. There are many modalities of Yoga available and they all come with their unique offering. Rob says that Ashtanga resonates with him at a very personal level; hes believe it is a practice you can have for life, inside or out of the studio. Its rewards can be experienced by every body and can touch every soul. Rob's philosophy, show up at the top of your mat, express the power of your breath and practice from your heart!