

Ardith Talbott

Ardith began her yoga practice in 2003 to regain strength and flexibility that was fading after years of a desk job, ironically in healthcare. Yoga classes immediately provided both mind and body benefits that were eye-opening and exhilarating, and the subject and practice of yoga become a passion. Ardith's foundational practice was in the Sivananda and Iyengar traditions. Later she was introduced to the Ashtanga tradition taught by David Swenson and Shari Simon.

Ardith's loves teaching yoga to people who are "out of shape". She teaches the basic postures, correct alignment, breath, and basic elements of yoga philosophy...balancing serious and fun, challenging and gentle. She has completed Shari Simon's Anatomy of Yoga Teacher Training (2004), and Structural Yoga Therapy by Makunda Stiles (2008). She has completed the 200-hour Yoga Alliance Teacher Certification training with Ganga White and Tracey Rich at the White Lotus Foundation, which Ganga and Tracey established in 1968-- among the first yoga teacher training programs in the US. Ardith continues her personal practice and study of yoga at such places as the Himalayan Institute, Kripalu, as well as at local studios...there is still much to learn!