



## Tana Graham-200hr RYT

A Sky Valley local, Tana is an energetic human with a passion for people, movement, and meditation. She recently completed her 200-hour yoga teacher training through Authentic Movements where she focused her studies on Hatha, Vinyasa, and Restorative yoga. Tana believes that Yoga is for everyone and every BODY and hopes to dispel the belief that someone “cannot do yoga”. She looks forward to meeting each unique individual where they are at by offering guided support as they develop and cultivate their own wellness practice.

Tana has been a movement lover all her life and constant seeker of balance. After her third child was born in 2013, Tana realized the importance of a self-care routine and began her rediscovery of self through running. She found a sense of empowerment as she built up her endurance and competed in her first half marathon at age 34. It was during her training that she began to experience running as a form of movement meditation and noticed a boost in her mental clarity, creativity, and sleep habits. Tana competed in many races and in 2019 while training for a marathon, she experienced a back injury which led her to the realization that her body was asking for something different. With the addition of strength training, she decided to try taking a yoga class and fell in love instantly. Tana went in expecting to stretch her sore muscles and discovered a mind-body connection and a sense of inner peace as she explored the ancient asana (postures) and meditation practice.

Tana’s journey eventually led to a strong desire to teach with an intention of inclusivity to all bodies, levels, and experience. She loves learning and looks forward to expanding as a teacher and growing alongside her students. Tana’s unique style is both playful and purposeful. She invites curiosity and creativity on the mat while teaching safe and healthy alignment for each individual body. Tana has a special interest in the usage of props and modifications to make postures accessible for all and enjoys exploring different shapes and variations. Her teaching style is well rounded between dynamic movements and creative sequencing and a slower, more intentional set of postures. Tana, while new to teaching, is grounded in who she is as a person and welcomes others to come as they are. Her belief is that Yoga is a practice, not a perfect, as she asks students to allow the posture to come into their body, rather than forcing their body into a pose.

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