

MARY BRUCE:

I am a registered yoga alliance teacher and Anusara Certified by John Friend. I am also a senior student of Rod Stryker's and a leading teacher of ParaYoga®. The synthesis of Anusara biomechanical principles of alignment along with heart-centered themes and the lineage and depth of knowledge of energetics of Tantric Hatha in the ParaYoga® style, is a complete yoga. All elements are present: Attention to detail (alignment), awareness of breath (pranayama), open to grace (attitude), intelligent sequencing (vinyasa krama), as well as Ayurveda, visualization, meditation and mantra. Both systems are based on the philosophy of Tantra. Which is to blend, to weave a treatise, a study in self, to thrive on all levels, to blend the material with the spiritual.

JOHNNA SMITH:

Johnna has studied many religions and spiritual practices during the past ten years, studying spirit and also looking for it. After studying with many teachers, she found a dedicated connection with ParaYoga® founder Rod Stryker. The one intention carried through each of Johnna's classes, whether it's a meditation class or asana, is that at our core, we are each a perfect shining light- it is our essence. It is so easy to forget, but it is the most important thing to remember. While deepening this understanding during class, she light-heartedly weaves together chanting, pranayama, asana and meditation. She honors all the teachers she has studied with and humbly bows to Rod Stryker, Baron Baptiste and Sri. K. Pattabhi Jois.

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