LETS FOCUS ON…………

YOGA

WITH TARA ALDRIDGE

1. Prior to studying the practice of Yoga, what career were you in, and why did you decide to become a Yoga instructor and how long have you been teaching?

Prior to yoga I was in the performing arts industry. I had been dancing since a very young age but found myself losing the passion for it at age 24 after spending time both over east and overseas. I attended my first yoga class for a very simple reason- I needed to exercise but didn’t feel like going to a dance class. That class changed the course of my life. I loved that there was so much depth to yoga. The postures, the breath and the healing that takes place when we marry them together with intention. I started my teacher training about a year later and have never looked back.

1. What form of Yoga do you teach and what are the main differences between your form of Yoga and others?

I teach mostly hatha based classes. Sometimes a little vinyasa flow. I love classes that are balanced and flowing and offer opportunities for people to go within and clear out any stress they are holding onto both physically and emotionally. My classes are always different and I tend to go with how people are feeling, as appose to a set posture sequence like that of an Ashtanga class.

1. Do you have any aspirations/changes for the future in your Yoga practice and if so can you share them with us?

I hope to one day have a big space that holds yoga, meditation and maybe some other healing modalities. A sanctuary where people can feel at home and at peace.

1. Since beginning to practice Yoga, what would be the most significant changes you have noticed within yourself?

Coming from a performing arts background where much of the focus is on the outside, I have found yoga to be profoundly healing. It has taken me on a journey of going within and shedding any unnecessary expectations, judgements and pressure from the outside world. It helps me to find balance and an acceptance for what is. It has also helped me to appreciate and respect my body, rather than to constantly criticize.

1. Is Yoga for everyone?

Absolutely. No matter how young, old, mobile, injured or inflexible you may be- there is a class or teacher for you. There are many online resources also for people who might like to stay at home and do a few postures- however learning face to face with a qualified teacher does make sure you are being well looked after and doing things safely.

1. If someone is nervous about attending a Yoga class, what advice would you give them?

I will often do one on one classes with people who are injured, nervous or just too embarrassed to go into a group class. I work with them individually to get them to a place where they are comfortable and have enough understanding of the basic postures to safely attend a class. We also run gentle classes which are perfect for those who want to ease themselves in. There are all kinds of classes and teachers out there- it’s just a matter of finding one that resonates with you and inspires you.

1. What would you suggest is the most appropriate attire to wear during Yoga?

Anything you can move well in and feel comfortable in.

1. In general, can you outline what a typical Yoga class at True Nature Yoga entails?

A typical class would start with paranayama (yogic breathing), sun salutations and gentle postures to warm up and a combination of standing, balancing, twisting, back bending, forward bending and inverted postures. All classes finish with savasana where you lay on the floor and are guided through a relaxation to close the class and allow your body to soak up all the yoga goodness!

1. How long does a Yoga class run for?

Most of our classes are one hour long.

1. Do you believe that Bowen Therapy, Reflexology and Aromatouch compliment Yoga, and if so, how?

Definitely. Anything that can help the body to release tension, relax and heal is always complimentary. I have personally had Bowen with Dayna and have benefited greatly from the sessions. I had sessions throughout my pregnancy and anytime I need a little extra release through my jaw, neck and shoulders in particular. Aromatouch takes you to a very relaxed place also...perfect for those who struggle to relax!