

Robynne Boyd's Teaching Philosophy

Lokah Samastah Sukhino Bhavantu **May all beings everywhere be happy and free.**

From my own experience the universe seems to be holographic. Meaning, that it functions as a multi-dimensional interactive world where every pixel or moment, no matter how minute, is a reflection of the whole. It is from this perspective that I hope to facilitate transformation in just one of universe's countless facets, and in turn, inspire change in them all.

It's not that I believe the universe is fractured, or in need of being fixed. Neither do I believe that humankind is suffering from an ailment. However, I do believe that humanity has a greater potential than we often demonstrate. Although I don't understand how this has come to pass, I harbor hope that if we claim responsibility for our lives, actions, thoughts, words and our ability to connect with the wisdom that freely floats on the wind— we can slough off our negative habits.

I envision a world where we: listen to our inner guides; speak from our hearts; inspire freedom and joy in each generation; and act as a united whole. Yoga is one of the paths that facilitate this transformation and tenderness. It is a way for us to rediscover our true nature. For nestled within the yogic practice are seeds of peace, happiness, sovereignty, and contentment. Perhaps these aspirations are not easily attained, but as I do believe that if one practices, all is coming. This is why I want to share the gift of yoga.

For me, yoga is a purifying practice that has begun to remove obstacles from my life, most of these being harmful or unnecessary thoughts. It has given me a glimpse at the heart of my own being – a pure state where peace, joy, gratitude, and generosity exist. It has also inspired strength, flexibility and follow-through. By teaching yoga, I hope to share my practice with new practitioners, so that they will develop a strong foundation from which their lifetime practice of yoga can flourish.

Namaste.

