

Testimonial for Karen Atkin, Yoga One to One

April 2012

I had the good fortune of taking a yoga class with Karen while I was traveling to her area. I live in New York City and have studied yoga at an excellent studio, but working with Karen was the most profound yoga experience I have ever had. Her years of training in not only yoga, but Tai Chi, meditation and other healing arts all culminate with her calming, receptive presence as she guides the class through a beautiful series of postures, self-awareness and discovery. Karen is so tuned in to the class as a whole, as well as each student's needs. Her incredible teaching skill created an environment where I was able to feel the expansion of my practice within this single class. I hadn't felt this connected to myself physically, spiritually or emotionally in (quite honestly) years, as the flurry of city life had fully taken up shop in my being. To feel a complete "letting go" and feeling of "space" simply by working with Karen was truly incredible. While she is a high-level yogi, she guides all levels with grace and intuition, making sure you are practicing safely, with moment-to-moment attunement with yourself. The healing and empowerment I walked away with was unforgettable. Karen is a gift! I wish I lived in the same city as she, so I could take my practice to the next level with her!

Laura L. of New York City