

Vonda Roberts

“Enlightenment” is not an end-place; it is the practice itself.
(Don’t believe me: Try it.)

The first concept I was ever taught, in the yoga class my mother took me to when I was ten, was diaphragmatic breathing; thus, subconsciously, Pranayama lifted and supported me through many years of growth and turmoil when I “forgot” basic Hatha practices.

And Time, being the stubbornly persistent illusion it is (so says Albert Einstein) has brought me back to focusing on Pranayama...and meditation. I have taught Asana in health clubs, studios and in schools but I am drawn toward a heavily meditative practice that incorporates the study of Prana, techniques from Buddhism, animal imagery, heart-centered communication, and dream tending. Even so, I continue to be humbled by the power of pure Asana—the wisdom of the body—to help realign and open the gateway to the depths of knowledge.

Amongst many things, I am a beer-drinking, whole-foods junkie; devotee of straw bale and natural building techniques; a musician and a mom to two dogs, two horses and one human. I have an MBA in Finance from Indiana University, have worked in the arts in a development capacity, and am currently a student in Depth Psychology at Pacifica Graduate Institute.

Let’s explore the abyss together!

Vonda teaches Private Classes in Santa Barbara on Meditation, Pranayama and Yoga.

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