

Bio

Rich first got into yoga for the physical challenge it provided him. As someone who is active and played sports throughout his life, Rich has always enjoyed moving, and yoga opened up a whole new world for him, including his hips. Knee injuries from basketball kept him from continuing to play a sport he loved, so he needed something to replace that. He did not expect that something to be yoga! His yoga journey actually got started through his practice of insight meditation. Insight meditation led him to become more and more curious about the practice of yoga as a way to prepare the body for sitting meditation. That is where his yoga journey began. As an educator for the past 15 years Rich has taught math and physics, and it was here where he realized that meditation and yoga had a place in the learning process. Besides his yoga training through Yoga in the World under the training of Anayra Calderon, Rich has also begun the pathway to becoming an MBSR (mindfulness-based stress reduction) teacher through the Oasis Center at UMASS Medical School. His style of yoga is vinyasa flow, with roots in traditional Ashtanga yoga. His aim is to be a guide for his students so that they can begin to find physical and mental equilibrium in these hectic times. In his yoga classes, Rich hopes to infuse his interest in Buddhist philosophy, the Yoga Sutras, and the Yamas and Niyamas in order to teach people about the body, mind and mind-body connection.