

Education and Certifications

2003-2005	Masters of Fine Arts in Dance University of Wisconsin – Milwaukee Iyengar Yoga and Pilates Instructor: Janet Lilly
2001	Advanced Yoga Certification Laughing Lotus Yoga Center, NYC Focus of Principles of Anusara Yoga Instructor: Amy Ippoliti
2001	Thai Yoga Massage Certification, NYC Instructor: Al Turner
1999	Kripalu Yoga Center Asana Assisting Workshop for yoga teachers Instructor: Yoganand Michael Carroll
1999	Vinyasa Yoga Teaching Certification The White Lotus Foundation, Santa Barbara CA Instructors: Ganga White and Tracey Rich
1990-1993	Bachelor of Fine Arts in Dance, cum laude Florida State University, Tallahassee Study in kinesiology and teaching methods

Yoga Teaching Positions

2005-2006	St. Vincent's Comprehensive Cancer Center Referred instructor by the Complementary Therapies Program
2001-2006	Dance New Amsterdam workshops, mini-series, classes
1999-2006	Private Instructor 10 clients weekly, independent business
1999-2006	New York University Coles Sports Center
2001- 2004	Sandra Cameron Dance Studios community group classes
2001-2003	Athletic and Swim Club evening corporate yoga instructor
2000-2001	Tisch School of the Arts, NYU adjunct faculty

Biography

Sara Baird is a certified Vinyasa yoga instructor through the *White Lotus Foundation*, holds an advanced certification with *The Laughing Lotus Yoga Center*, and teaches the principles of *Anusara Yoga*. She leads group classes at New York University and Dance New Amsterdam and works with private clients building personalized yoga programs. Sara is referred by St. Vincent's Comprehensive Cancer Center, Complementary Therapies Program to work one on one with patients.

In her yoga practice, Sara employs numerous styles of Hatha yoga including those of Sivananda, Kripalu, White Lotus Foundation, Jivamukti, Anusara, and Iyengar Yoga. She has a background in Thai Yoga massage and yoga therapeutics. These practices, as well as her years as a professional dancer, greatly inform her teaching. In 2005, Sara completed a Masters of Fine Arts degree in dance and directs her New York based dance company, ANEMONE DANCE THEATER.

Sara incorporates the words of Swami Vishnudevananda into her teaching philosophy...

"Health is wealth, peace of mind is happiness, Yoga shows the way."

In 2002, Sara launched her own yoga website: www.sarabaird.com. The site is continuously updated with her current teaching schedule, special resources for her clients and students, and information on retreats and workshops.

Teaching Manifesto

I strive to enlighten and heighten a nurturing flow of breath and create freedom in the body, mind, and spirit of my students. Integrating the vibrant physicality of Vinyasa with a coordination of breath is an essential element of my teaching. Taking this one step further, I guide my students to investigate their true nature and explore how they are a small part of a universal tapestry.

I encourage students to make personal choices in their yoga practice and develop skills to help them listen to their bodies. I teach the alignment principles of the Anusara and Iyengar Yoga styles. I challenge my students to attain an anatomical understanding of the postures and direct their attention to the detailed physicality and energetic intent of the asanas. Leading my students to discover sensitive body awareness, establish a relationship with their breath, and develop a compassionate and joyful attitude towards themselves and the world around them is my inspiration and mission as a yoga teacher.

My past trainings in Thai Yoga massage and yoga therapeutics are both integral in my work and promote the healing aspect of yoga. I am also a choreographer, dancer, and director of my own modern company, ANEMONE DANCE THEATER. I enjoying bringing creativity into the yoga studio and using my experiences as an artist to explore the many possibilities within the form of yoga. I strive to use eloquent language in the studio and value the beauty of clear communication as the key to greater understanding. I honor the idea that each student learns in differently. My responsibility as a teacher is to constantly investigate new ways to present the material that I am sharing with others.

sara baird
Y O G A

Group Classes

Sara's group yoga classes are taught in the flowing Vinyasa style and emphasize the Anusara principles of alignment. Focusing on connecting with the breath, this yoga class becomes a moving meditation and a dance of the inner self. The class deeply explores pranayama (breath), asanas (postures), and relaxation techniques in a positive and tranquil environment.

By encouraging proper body alignment, with an emphasis on teaching the Anusara Universal Principles, Sara's students are working in the safest and the most challenging way. A number of variations are given to accommodate different levels within one class.

A dedicated practice helps to improve posture, increase strength and flexibility, release tension, develop new physical awareness, and heighten concentration. Sara guides her students to explore the union between the body, mind, and spirit and with this opens the door to self-discovery.

sara baird
Y O G A

Private Sessions

Sara's private yoga sessions are designed specifically for the individual client and incorporate the flowing Vinyasa style and the Anusara principles of alignment. Private sessions are a wonderful way to practice yoga at the proper pace with a detailed focus on personal needs. Sara will educate the client in the proper alignment and energy of the postures using vocal direction and physical adjustments. Benefits include improving postural habits, increasing strength and range of motion, and reducing stress and anxiety. Private sessions can be held in the client's home, office, or at a designated studio space.

Rates available upon request.

Testimonials

"Sara is a compassionate and gifted teacher. Her dance background combines with her deeply personal and nurturing style to create an atmosphere that is both challenging and relaxing."

-Gwendolyn A.

"Sara Baird is a nurturing, patient and generous person and teacher who inspires me to explore myself and my world through Yoga. No matter what the circumstances, she maintains a consistent and high level of spirit and attention to her teaching that makes each student in her class feel as though she were speaking directly and only to them. For me Yoga is Sara."

-Irene Z.

"Starting to practice Yoga at age 54 is a huge challenge. While I struggle, Sara has been inspiring, supporting and encouraging. Her clarity and enthusiasm make every practice a unique and rewarding experience."

-Naomi A.

"Through yoga, Sara has taught me the importance of physical, intellectual, and spiritual balance in my life, while continually challenging and motivating me. But most importantly, she has taught me to live with compassion for myself and for others."

-Rebekka E.

"Sara creates a compassionate atmosphere within which to explore the practice of yoga. Since beginning my yoga practice with Sara not only have I become more toned and flexible but I have also lost 9 pounds. She's the best!"

-Heather H.

"Sara is a natural teacher and a constant inspiration. Her compassion and sense of humor create a relaxed and enjoyable environment in which to learn. My hatha yoga practice has positively affected both my physical and mental well-being, and Sara's enthusiasm and warmth motivate me to integrate yoga into my often-hectic schedule."

-Dora S.