

MARCH 2008



DARREN RHODES

Home Base **Tucson, Arizona**

Age **36**

Style **Anusara Yoga**

Darren Rhodes is quite literally the poster boy for Anusara Yoga. You can find him on the Anusara syllabus poster, deftly demonstrating more than 345 awe-inspiring poses. His motivation for achieving such a feat wasn't ego driven; it came from his belief that asanas create more than just physical change. "When I come

across a posture I really want to do, I ask myself, "How do I have to shift physically, mentally, and in my heart to be able to do that?" He adds, "I want to be able to do a posture because I know it will require transformation on all levels."

Rhodes grew up in a family of yogis. His mother took up the practice when he was in utero, and his father is an avid meditator. He remembers entertaining his parents' friends by doing poses in the living room. In high school he began practicing in earnest, using a Richard Freeman video and going to local studio classes. But it wasn't until his early 20s that he met Anusara Yoga founder, John Friend, and had one of the most shakti-filled experiences of his life. "John turned my yoga practice into a radical, rockin' life celebration," he says, "which is what I strive to share in my classes."

As a result of his own fire and passion for the physical, Rhodes's classes at both of his YogaOasis studios in Tucson, Arizona, are playful yet intense. "I ask students to be with the asana as a mode of transformation. The most beautiful thing about yoga is that it allows anyone and everyone—no matter what their level—to find their bliss."

WHERE TO FIND HIM IN 2008

Leading workshops in Louisville, Kentucky; Northampton, Massachusetts; and Asheville, North Carolina.

Learn more at yogaoasis.com