

Inspire Yoga

Join Inspire on Saturday mornings for yoga at the new Tampa Museum of Art in downtown Tampa. Classes are held in the exhibition space or on the second floor terrace overlooking the Hillsborough River and the University of Tampa. Practicing in these remarkable environments enables the creative inspiration of art to infuse the physical and spiritual inspiration of yoga.

Inspire yoga was founded by instructor Laura Tillinghast of Tampa and is joined by instructors Jen Smith and Erin Wheeler. An instructor at Yoga Etc and having taught at the Dali Museum, Laura is a Yoga Alliance certified 200-hr RYT trained in the vinyasa style by James Kigar and Judy Weaver at Yoga South. Vinyasa yoga flows together ashtanga postures linking movement with breath, inviting freedom from mental chatter; a balance of strength and gentility; and space for peace and inspiration. A highly recognized instructor in Tampa, Jen has studied at Santa Monica Yoga, Yoga Works, Asheville Yoga Center and White Lotus under mentors Julian Walker, Rick Gould, Lisa Walford and Maty Ezraty. An instructor and the events planner at Yogani in Tampa, Jen created her own format of yoga called "Heart Core" that emphasizes leading with heart while relying on core strength and believes that Tampa is on the verge of a real yoga breakthrough. Erin is a Yoga Alliance certified 200-hr RYT trained in Hatha yoga at The Lotus Pond in Tampa. Erin has 40 hrs of teacher training with the great David Swenson and certification from him to teach Ashtanga Yoga. Erin believes that yoga and art are gifts that everyone can enjoy!

The classes are taught at a level that is accessible to all with options to make the class as advanced as the practitioner desires. Beginners and experienced yogis alike are welcome. Please arrive early, come on a light stomach, bring a mat and a towel. No beverages will be allowed in the space, though water will be available on the terrace. Fee includes admission to galleries. Please visit the Tampa Museum of Art website for more information and to print and sign the required waiver. Waivers are available at the museum as well.