

YOGA Gallery

DANA CHAMBLIN

Dana Chamblin has been a practitioner of yoga since 1996. Her 1st class was Iyengar Yoga. She was immediately interested in the precise, clear, and profound teaching of B.K.S. Iyengar. She continued to study extensively and in 2006 traveled to India to study directly with the Iyengar family at the Ramamani Iyengar Memorial Yoga Institute. Dana earned a certificate in Iyengar Yoga in 2016 and a Yoga Therapy certificate in 2019.

Dana's teaching comes from direct experience and practice spanning nearly 30 years. She views yoga as a lifelong companion rather than a quick fix and encourages her students to develop their own personal practice.

Her classes invite students to explore how the body, mind and breath work through creative, intelligent sequencing of asanas. Each class feels like a mini-workshop and offers a practical application of yoga to gain more ease and joy in everyday life.

