

Though born and bred in the heart of Salt Lake City, it wasn't until 2010 that Barbara Loamanu made her way up the stairs and into the heart of Centered City Yoga. Driven by the subtle urges of self-evolution she set upon the path of an instructor without the intent to instruct, not fully comprehending the deeper desire of her own heart... "I have always carried the belief that we are all teachers. No matter who you are, where you're from, what your background is or what kind of music you listen to; there will always be many different people in each of our lives that touch us, move us, help us grow or hold us back. Within each of these relations we gain experience which has the potential to act as a 'teacher' if we are open to learning. Yoga for me, is about connection. Just as the word itself means 'to yoke, or join', yoga has helped me cultivate a connection between all aspects of my being. How can I not share this great joy?"