

James' yoga journey began in high school when his mother "dragged" him to a power class in preparation for the upcoming LaCrosse season. Years later he would find himself a regular student at CCY and eventually a certified instructor under Dana Baptiste's Inbody Academy. For James surfing serves as a beautiful metaphor for yoga: "It is the opportunity to grab your mat, dive deep into yourself and practice finding the balance and strength needed to ride the waves of life. The more you practice, the more you will find yourself in the tube; the universe swirling around you so fast it stills to a quiet hum as you come to a state of awareness and harmony with your mind, body and soul." James also balances his life performing and recording with his band The Brumbies and teaching guitar lessons. James integrates live and recorded music into his classes and once a month offers a special glow in the dark yoga class to a different music group.

For private instruction contact James at jacquesdhardi@gmail.com.
~peace be the journey"