

July 2014

Featured Teacher: Darby Orr

Hometown: Dallas, Texas.

What brought you to Los Angeles? *I came to Los Angeles as a staff Songwriter/Producer for Sony Music. Geez, back in 1993, I think.*

My favorite thing about LA is.. *that for such a large city, there's a healthy dose of nature to be found nearby. The Beach, mountains and desert are quick and easy destinations.*

My least favorite thing about LA... *would be the lack of rain and big thunderstorms. Perpetual summer does get monotonous. I like dynamic weather.*

I'm really looking forward to... *a quiet year ahead to concentrate on writing new music. And yes, it will be very Yoga friendly. With a big beat.*

If I were an animal I'd be... *a Hawk lazily drifting along the air currents and then pull my wings in for a fast steep long dive. Yep, I would like that a lot.*

If I could go back and talk to my 20 year old self: *I'd advise me to remember that everything happens for a reason, so don't stress too much. Buckle-up and enjoy the rollercoaster... it's going to be an amazing ride!*

Three words to describe yourself: Energetic, expectant, and optimistic.

Proudest achievement: *Being a good parent to my 2 daughters. Some days I do better than others, but I'm always leading with my heart.*

Lately, I've been rocking out to... *Alt-J, Deadmau5, SOHN, and Bonobo.*

Weird quirks?: *My practice sometimes includes a good martini and a maduro cigar. I drive a loud fast convertible and not a hybrid. Does this make me a bad yogi?*

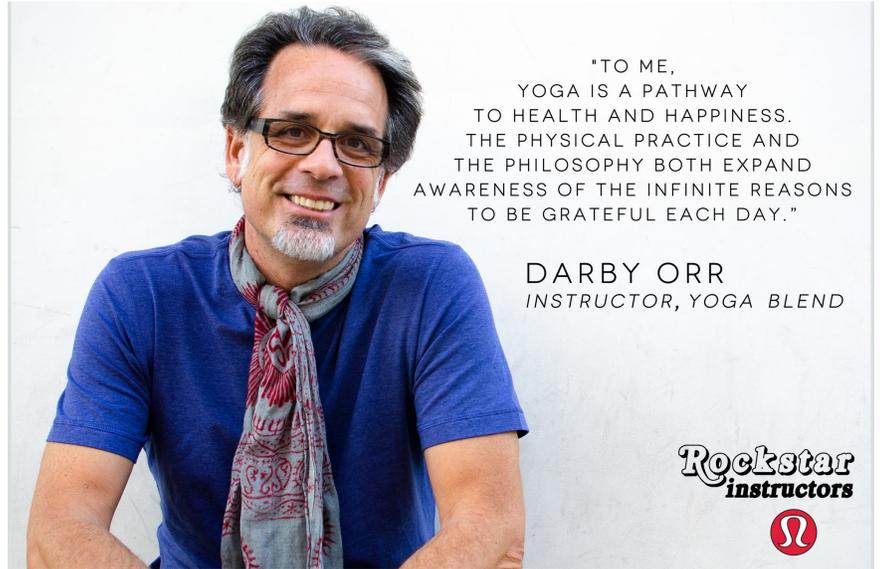


Photo by Achiamar Lee-Rivera

Darby teaches **Vinyasa Flow** on Tues & Thurs at 9am, and Sundays at 11:45am.

Also, join Darby for **FREE Intro to Yoga Workshop**

on Friday July 25th, 8:30pm to 10pm!



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