

Featured Teacher: Darby Orr

November 2012



3 words to describe myself:

Grateful. Evolving. Irreverent. Mathematician.

3 Things my students may not know about me:

- 1. I have a degree in Finance, with an emphasis on securities and portfolio analysis.*
- 2. I came to California as a staff songwriter/producer for Sony Music.*
- 3. I always make a wish on falling stars.*

Most definitive feature of my classes: *Laughter!*

My favorite quote is... *This Too Shall Pass.*

Yoga has really helped me: *Find balance, strength and flexibility. It does a lot of the same stuff for my body too.*

My favorite indulgence is... *dark chocolate. I eat A LOT of dark chocolate.*

In my opinion, the greatest misconception about yoga is... *that it's about poses, alignment and mastering pretzel-like contortions. To me, it's about expanding gratitude for the inner perfection we all carry within ourselves. And with that gratitude comes peace, happiness and health. And it begins with our breathing.*

My favorite movie is... *Cinema Paradiso. Beautifully bittersweet and the Morricone soundtrack is exquisite.*

I prepare for class by... *drinking coffee, thinking of a dharma theme, creating a music playlist and feeling the vibe of the room.*

If I could pick a superpower it would be... *Well, I actually have a super power. I can tell you the gender of the baby you'll have... but only if you're already pregnant. I've never been wrong. Being able to fly would be cooler but you get what you get...*

One of my favorite things to do is... *walking along the beach searching for sand dollars and sea glass.*

When I was little, I thought I would grow up to be... *a garbage man. Seemed like a pretty cool gig at the time. Maybe what I do as a teacher isn't that far from being a garbage man-I help people toss out the things they no longer need.*

What inspires you? *Nature. It's perfection, dynamics, resilience, balance and beauty.*

My favorite book(s) are... *The Untethered Soul by Michael Singer and A Walk in the Woods by Bill Bryson. Both are books about a spiritual journey of sorts. One is very introspective, the other will make you laugh so hard you'll cry.*

FREE CLASS COUPON

with Featured Teacher: Darby Orr

[Read the full interview with Darby here](#)

Get to know the teachers at Yoga Blend, and enjoy a free class!

Darby's Scheduled Classes:

Tue 9:00am-10:15am: Vinyasa All Levels

Thu 9:00am-10:15am: Vinyasa All Levels

Sun 11:45am-1:00pm: Vinyasa All Levels



OFFER DETAILS: Valid for use once per student, on any one class offered by Featured Teacher, if you have not taken his class in the last 6 months. Coupon valid until Nov 30, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.



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