

# Featured Teacher: Tina Raymond

October 2012



**When I'm not doing yoga, I can be found....**

*Playing the drums, teaching the drums, or going to hear music.*

**Of all the roles I play in life, my favorite one is...**

*being a student. I love learning new things!*

**My favorite person is....**

*I have two. My dad, and his dad.*

**What's the last song/album you purchased?**

*Fiona Apple's new record, the Idler Wheel... two thumbs up!!*

**Yoga has really helped me...**

*have better relationships with the people around me, my family, and myself*

**My favorite indulgence is...**

*watching reality TV shows like The Bachelor or Real Housewives of New Jersey. I love it!!!*

**In my opinion, the greatest misconception about yoga is...**

*that you have to be flexible to do yoga. Yoga is about connecting to where you are right now, flexible or not!*

**My favorite movie is...**

*Mel Brooks' Young Frankenstein. My Dad and I make references to that movie constantly.*

**I prepare for class by...**

*taking yoga classes, watching yoga videos on YogaGlo, flipping through my yoga books, and seeing how all those things relate to my experiences and what resonates in me the most at that time.*

**How did you find yoga?**

*I found yoga through my dance training as a kid, but didn't put much into it. I found Yoga Blend a year into my masters degree, after I'd had a lot of major life changes (moved across the country, serious relationship ended, reexamined life goals... etc). That summer I studied nearly every single day at Yoga Blend. It was truly a life changing summer!*

**My favorite thing about yoga is...**

*The clarity I find from the practice. If I use the philosophy and move & breathe, usually what is right for me is very clear.*

**If I had to eat only one thing for the rest of my life, it would be...**

*Pasta. mmmm...*

## FREE CLASS COUPON

with Featured Teacher: **Tina Raymond**

[Read the full interview with Tina here.](#)

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

### Tina's Scheduled Classes:

Mon 9:30am-11:00am: Basics Plus

Thu 6:30am-7:30am: \$5 Flow

Wed 8:00pm-9:15pm: Basics Plus (*Subbing for Nicole Honnig*)

Sat 9:45am-11:00am: Yoga Stretch (*Subbing for Nicole Honnig*)



**OFFER DETAILS:** Valid for use once per student, on any one class offered by Featured Teacher, if you have not taken her class in the last 6 months. Coupon valid until Oct 31, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.



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