

# CLARE MCNAMARA

## EXPERIENCE

I began teaching yoga in 2018, shortly after completing a 200 hour teacher training at a power yoga studio in Minneapolis. Since then I have completed additional trainings in physical adjustments, Yin Yoga, and anatomy and mobility for the muscles of the back.

## TEACHING STYLE

In each of my classes you will find clear instruction for how to enter into each pose, simple cues to help you stay present in your body, and the space to explore both the internal and external experience of the poses. I enjoy teaching yoga styles that are seemingly opposite. Vinyasa yoga is quicker moving and athletic, while yin yoga is slow and restful. Both styles aim to achieve the same thing: enabling deeper connection between a student's body and mind.



*My favorite quote:*

"...I want to think again of dangerous and noble things. I want to be light and frolicsome. I want to be improbable beautiful and afraid of nothing, as though I had wings."  
- from "Starlings in Winter" by Mary Oliver

## INTERESTS

Gardening, Knitting, Travel.