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claire hartley

Claire Hartley's curious nature inspired her from the start. Using meditation, and exploration of the unknown as her guiding lights, Claire's appreciation for the "daily discoveries" that life offers, both on and off the mat, are what makes this star yogini so down to earth.



Where does your yogic spirit stem from?

I was a seeker from a very young age. I remember when I was eight or nine, staring out of the car window on a long trip, watching the trees pass by and falling into a deep meditation. In my teens and early twenties, tarot cards, psychics, runes – anything and everything esoteric – found its way into my life. Then, when I discovered yoga, and found such ease and comfort on my mat, my daily discoveries kept me excited – and still do. I learned that being joyful without attachment can be uncovered.

When did you first step into the studio?

My formal practice began in New York at the Jivamukti Yoga Studio, in the early 90s. The effects of the practice were immediate and profound. I was very young and living in New York. I would arrive at the studio still vibrating with the chaos of the streets, and the practice would put me back together in a truly authentic way – the real me would always emerge. The more I practiced the more I was aware, and that made me want to make it a regular thing, and it begged the question: How long can I hold onto yoga's incredible effects in the vibrating chaos of the real world? Pursuing the answer has captivated me ever since.

What makes your style of teaching unique?

When I moved to LA from New York I was missing the *bhakti* (devotional) experience in most of the yoga classes I was taking, and that's what pushed me into teaching. I wanted to offer another way to experience the practice. Both of my teacher trainings were heavily influenced by Iyengar, so I decided to roll up all of my experiences – including my newfound love of Iyengar alignment – and present an all-inclusive flow-style class sprinkled with doses of dharma.

What do you hope your students leave your class feeling?

I would like a student to leave my class feeling hopeful, spacious, grounded and, most of all, not alone. As personal as the practice is, it's not really useful unless we experience our connectedness with each other and our environment.

What inspires you?

I'm inspired by everything – the good, the bad and the ugly. I enjoy weaving everyday living into each class. It helps me, and hopefully the student to regard all things as yoga, as Divine play, and then to observe the

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part we're playing in it. I continue to draw on both the ancient teachings (sutras) and the modern teachers, who do an incredible job of elucidating the mystery for us – for example, Mr. Iyengar and Pema Chodron. And when I read the Sufi poets, my spirit soars.

*Claire is the co-owner of **Rising Lotus Yoga** in Sherman Oaks, CA. For more on Claire, visit her [website](#) .*

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beautiful teacher

Submitted by Vanessa on April 23, 2012 - 1:14am.

I have been fortunate to attend many of Claire's classes, as well as her retreats. Claire is a profound, beautiful teacher, both spiritually and physically. She weaves a deep message as she offers humor -- for you to take or leave as you wish. And Rising Lotus is a welcome respite from the chaos of Los Angeles. Love it!

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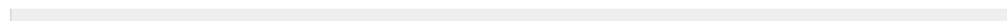
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