



Kaye Anderson

Adaptive Yoga Instructor

Gentle Somatic Yoga

- Encourages participants to listen to their bodies and move in ways that feel comfortable.
- Prioritizes internal sensations over the external performance, fostering a deeper connection between mind and body.
- Alleviates chronic pain by re-educating muscle memory and releasing deeply held tension.
- Promotes relaxation and emotional balance through gentle, trauma-informed movements.
- Regular practice can enhance flexibility and overall physical comfort.

For the past eight years, Kaye has been teaching at Yoga Studio Satya. You will also find her leading chair yoga classes at several memory care centers in Colorado Springs.

Kaye has a unique perspective on the human body and its natural limitations stemming from the fact that she didn't start practicing yoga until the age of 60. There's nothing she thinks students "should" be able to do, and she encourages each student to pay attention to their own physical comfort. As soon as anyone begins feeling pain, she encourages them to back off. Her classes are gentle and relaxing, and as healthful for the spirit as they are for the body.

Gentle Somatic Yoga utilizes slow, mindful movements to help the muscles release tension. Specific movements are selected to help students rebuild the connection between the mind and the body, helping their muscles move with more ease.