



Raymond Tapia

Yoga Instructor

Education

- Grand Canyon University
B.S. Psychology

Certifications

- Yoga Alliance RYT 200

Areas of Specialization

- Vinyasa Yoga
- Yin Yoga
- Restorative Yoga
- Yoga Nidra
- Children's Yoga

Quote

"If you get the inside right, the outside will fall into place."
- Eckhart Tolle

Biography

Stumbling upon the healing practice of yoga was the catalyst for immense change in Raymond's life. He first dedicated himself to his practice in 2014 with the hope to calm his anxious mind and restore health to his physical body. In 2016, his journey towards healing led him to explore his practice deeper by becoming an accredited 200 Hour Registered Vinyasa Yoga Teacher through Yoga Alliance. Between 2017 and 2018,

Raymond completed an additional 200 hours of training through Yoga Alliance and also received specialized accreditation in Restorative Yoga, Yin Yoga and Yoga Nidra. Raymond strives to create a sense of meditation in motion in his classes by offering incremental and inclusive sequences that allow each student to feel safe, supported and encouraged to explore their body and mind in new and challenging ways.