

Tahoe yoga studio giving back to community

Tahoe Yoga Shala has been raising money for area nonprofits since September through two weekly donation based yoga classes.

Donation classes meet on Monday from 3-3:45pm and on Wednesday from 9:30-11am. All are welcome and no one is turned away for lack of donation.

The Monday class with Kacey Davy is focused on yoga philosophy, giving students an opportunity to connect with Sanskrit's timeless sounds through the chanting of the Bhagavad Gita and other selected texts. The Wednesday Ashtanga Level 1 class explores basic yoga postures and breath practices with the Shala owner Laura Josephy.

All donations made in place of Shala membership fees benefit a rotating organization. To date the Shala has collected more than \$2,500 in donations that have benefited the League to Save Lake Tahoe, Mitch Underhill Mountain Fund, Lake Tahoe Wildlife Care, Tahoe Coalition for the Homeless, and Sierra Avalanche Center.

During April and May, the Shala will be raising awareness and funds for Firefly Yoga International, a no-profit whose mission is to develop the first international network of yoga teachers trained to provide yoga to trauma survivors at the point of care.

Tahoe Yoga Shala is located at 585 Tahoe Keys Blvd., Suite F1A, South Lake Tahoe.