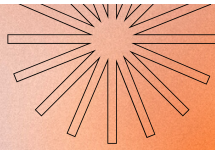
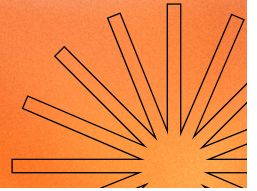


Meet Megan Nare



TENDER
HEART
YOGA



E-RYT 500, YACEPA

Megan approaches her work with a background in trauma informed chair yoga, working with neurodiverse populations, and accessible practices for the aging body.

Her teaching style reflects her belief in the power of turning wounds into wisdom. She empowers others to explore the transformative power of asana (yoga poses), meditation, and pranayama (breath-work) as a tool to heal both the body and the heart.

Continuing education and experience includes

- Advanced clinical yoga instructor
- Certified Yoga Alliance Education Provider
- Trauma informed teaching certification under Hala Khouri from "Off the Mat, Into the World"
- 300 hour yogahour teaching technology certification with Darren Rhodes,
- Yoga with aging bodies through Duke University's "Yoga for Seniors" program
- Special care for early memory-loss populations at Emory University's Cognitive Empowerment Program through accessible chair yoga

Read more about her work in recent [VoyageATL article](#)

Tender Heart Yoga Approach

My wish is to guide others in the cultivation of resilience, recovery, and acceptance.

- Trauma informed care in spaces that are affordable and accessible for everyone
- Using principals of "radical acceptance" to minimize suffering
- Working with elders, adapting to life after a diagnosis, and neurodiverse populations
- Adaptable yogic practices for all bodies (hatha yoga, chair yoga, yin yoga, restorative yoga)
- Offering mixed setting classes that cater to those in chairs as well as on the mat.
- Blending together of the art and science of yoga through research-based inquiry
- Offering yoga in underserved spaces

Ways to Practice Yoga with Megan:

Link to Program and Center Websites	Description	Links to Resources	Prices
Trauma-informed yoga privates at Align Wellness	You can expect a private, hour-long practice at a beautiful and modern therapy center. The yoga sequences are designed to calm your nervous system, lower your heart rate, and ease physical stress and muscle tension.	List of " Supportive Healing Practices " from Align Wellness	Sliding scale pricing available 6 sessions for \$500 Individual sessions \$85 - \$120 each
Accessible Chair Yoga research at Emory's Cognitive Empowerment Program	Year long research study with Emory and Georgia Tech for patients diagnosed with Mild Cognitive Impairment	Online video library of accessible chair yoga	Free for all participants. CEP also offers a weekly webinar with education about lifestyle interventions to prevent MCI. Register here for weekly CEP Live Community Webinars
Public yoga classes at The Yoga Hive	The Yoga Hive is an inclusive yoga studio that offers accessible classes located in the heart of the Toco Hills area in Atlanta	Class Schedule Class Descriptions Megan teaches a Tuesday noon "Slow Flow" class; and a Thursday 10:30 am "Yoga for Balance" class for seniors	Studio Pricing: Drop-In - \$25 5 Classes - \$89 Monthly Unlimited - \$99