

Sarah Mata-Gabor

Lecturer of Dance, College of Communication and Fine Arts at Loyola Marymount University
Los Angeles, CA, US

Lecturer of Dance

Biography

Sarah Mata began teaching Yoga in Los Angeles in 1985. A certified Viniyoga and Vinyasakrama teacher, she has dedicated over 25 years to studying the traditions of Krishnamacharya including Vinyasa Krama, Viniyoga, Ashtanga and Iyengar. Sarah is a devoted student of Indian luminaries including Srivatsa Ramaswami, T.K.V. Desikachar, and K. Pattabhi Jois. Her American influences include Gary Kraftsow, Tim Miller, Richard Freeman and Chuck Miller. Sarah's approach incorporates diverse teachings while adapting to the Individual needs of her students. Always gentle, her work ranges from the dynamic and vigorous to contemplative stillness. She considers all yoga understood correctly as healing. The core of her teaching is cultivating a meaningful connection to the breath and creative adaptation sourced from classical sequences. She is a teacher at Yoga Works (students and teacher training), Loyola Marymount University, Esalen, and founder of Canyon Yoga where she offers customized, private classes.

Areas of Expertise

Yoga

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