
BE FLUID

The journey that brings me here to you today began in 1995 in a remote area of the Canyonlands of Southern Utah. It was there, in the quiet splendor and beauty of my surroundings, that I began to look deeper into the nature of things and explore the depths of my own being. My experience taught me countless lessons, but one that has truly stuck with me is the power of living fluidly, moving with the forces of nature from one moment to the next. Like a river winding its way through a canyon, when we live fluidly we flow through life without holding onto the past or grasping for the future. Instead, we find the true beauty of living fully in the present moment. Within each moment is peace and contentment of being, being part of a universe that is deeply interconnected.



It is my hope that Fluid Yoga trainings will provide you with the knowledge, wisdom and nourishment that you will need along your journey towards helping others for many years to come. In Fluid Teaching, we recognize that great teachers are dynamic and moving; that each has something unique and special to offer. Our approach to training will help you discover the essence of your own teaching approach and bring the best of your experiences, talents and offerings to light.

Happiness,

Kevan