

BREATHING AND MOVEMENT SPECIALIST

Tahji

Founder of Yoga Bees Are Beautiful, LLC

Yoga Master, Professional Dancer, Choreographer & Pilates Instructor

Creator of *MSCbreathe*

Tahji (Beth) LaComb-Wolpert just released her new book *Yoga Bees Are Beautiful*. It's filled with beautiful photography, artwork, inspiration and has 35 years of teaching experience behind it.

She danced professionally, traveling all over the world for 15 years and then moved on to teaching people of all ages. Her favorite dance jobs included ALLNATIONS Dance Company, Michael Mao Dance, Rebecca Kelly and *Dreamtime*, which was the last Broadway show in the Ed Sullivan Theater before it turned into a television studio.

She holds a BFA in Dance and Choreography from SUNY at Purchase, 800-hour yoga teaching certification from Dharma Mittra, 75-hour Spiritual Warrior certification from Jivamukti, ordainment to teach meditation from Professor Yogi Shand, and 25 years of intense Pilates training from George Memales. She's co-creator of The Yoga Den and founder of Yoga Bees Are Beautiful, LLC, which shares her book, casual activewear and special events.

Her passion is teaching, and her mission is to share simple, health changing techniques to absolutely anyone who wants to learn them. She is committed to finding out exactly what works for everyone, and she is the creator of the *MSCbreathe*, a breathing and stretching routine, designed exclusively for this course. All teachings encourage developing a holistic, compassionate lifestyle that contribute to the happiness and freedom of all. One will experience a reduction of stress/worry/pain and an experience of the peace within during each session. She loves questions and conversation and holds everyone within her prayers. Please feel free to find out more about her or pick up a copy of *Yoga Bees Are Beautiful*.

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