



Health and happiness
come in a variety of shapes
and sizes, and Curvy Yoga
is here to help each person
determine what that looks
like in their own life,
on their own terms.



A **anna Guest-Jelley is a bit of an anomaly:** a curvy woman who practices and teaches yoga. Despite not dreaming of putting her leg behind her head (without going to the hospital, at least), she learns, practices, and teaches yoga because of its transformative powers in her life. Through reflecting on her struggles with self-esteem, weight, and body image (at last count, she had tried over 65 different diets), she hopes to open possibilities for curvy individuals and their allies to enter into conversation and action around living joyfully regardless of size.

Curvy Yoga was born out of necessity. For over ten years, Anna practiced yoga and was, more often than not, by far the largest person in her class. Despite being determined to continue practicing yoga, she often faced ignorance and feelings of marginalization. As she sought connection with others who were teaching and practicing with curvy bodies, she found few allies.

Curvy Yoga developed from Anna's desire to hear from others who shared her experiences of dieting from a very young age, stepping on the scale and into disappointment, and never quite finding their place in the world because of a feeling that life would be perfect if only they could lose those 10, 50, 100+ pounds. By reclaiming the words curvy and fat, Curvy Yoga embraces size and weight diversity and creates space for people to practice yoga and loving their bodies.

So often, curvy folks live so entirely outside their bodies that they have little sense of its functions or needs. One of the primary goals of Curvy Yoga is to give fat people a safe space in which to move their bodies—for the first time in a long time, for many people. Curvy Yoga also strives to give people quiet space for introspection and reflection to start challenging the ways in which they care for themselves and creating a life built on happiness rather than self-loathing.

It also creates community for people who often find themselves on the margins of health and fitness, not because they aren't part of those issues, but because those industries so rarely target the needs of curvy people. Curvy Yoga seeks to get past the damned-if-you-do, damned-if-you-don't dichotomy that shames fat people into exercising and losing weight and offer them ways to move their bodies with joy.

YOGA WORKSHOPS

Anna's Curvy Yoga workshops are designed to offer both curvy yoga practitioners and their teachers tools to practice safely and joyfully. The following sample workshops can be modified to meet your content and duration needs.

Curvtastic Standing Poses

In this workshop we'll explore standing poses designed for curvy bodies. This workshop is especially good for people who struggle to get up and down from the floor. We'll also work on curvy balancing poses.

Brick House

Avoid death-by-boob-smush and try out these backbends created especially for people with bigger breasts and bellies.

TWB: Let's twist!

This workshop teaches strategies for TWB (twisting with belly).

Curvalicious

Treat yourself to this restorative workshop—with modifications for curvy comfort; you will float out the door afterwards!

Strategies for Teaching Curvy Yoga Students

More and more fat people are starting to practice yoga, but teachers often receive little training on modifications for their bodies. In this workshop, teachers will learn modifications for curvy bodies and strategize how to create a welcoming environment for people of a variety of shapes and sizes. (Yoga teachers only.)

Sun Salutations for Curvy Students

Sun salutations are staples of many yoga classes. However, they can also be challenging—if not impossible—for curvy people. In this workshop we will learn modifications for Sun Salutations A & B. Participants will also leave with alternative Sun Salutations utilizing props. Duration: 2 hours (Yoga teachers only.)



Workshops include:

Curvtastic Standing Poses

Brick House

TWB: Let's twist!

Curvalicious

Strategies for Teaching Curvy

Yoga Students

Sun Salutations for Curvy

Students



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