

**Tias Little** synthesizes more than 30 years of study in classical yoga, Sanskrit, Buddhism, anatomy and trauma healing in his dynamic, original style of teaching. A licensed massage therapist, Tias has in-depth training in craniosacral therapy. His practice and teaching is influenced by the work of B.K. S Iyengar, Ida Rolf, Moshé Feldenkrais, and Thomas Hanna. Tias earned a masters in Eastern philosophy from St. John's College in Santa Fe. He currently co-directs Prajna Yoga, an internationally-acclaimed school of yoga and the internal arts in Santa Fe with his wife Surya. He is the author of three books: *Meditations on a Dewdrop*, *Yoga of the Subtle Body*, and *Practice is the Path: Lessons and Reflections on the Transformative Power of Yoga*.

