



Thick & Curvy Yoga

What is Thick & Curvy Yoga?

These classes are exclusively for Thick and Curvy bodies. Classes offer a safe environment for learning to move bodies that do not fit into traditional yoga standards. All classes are created by a Thick & Curvy instructor, and are designed with the needs of a Thick & Curvy body. Classes are created to allow the body to comfortably practice these beneficial movements without pain, allowing the body time to find and merge with the breath, and encouraging calmness within.

Who is Thick & Curvy?

Thick and Curvy yoga is for anyone who believes themselves to be of the Thick & Curvy Community. These classes are not designed to tell students who is Thick & Curvy; that's a personal feeling. Class is welcome to anybody who feels they belong.

Who is the instructor?

Kate McCombs, a Thick & Curvy yogi and the creator of Tidal Light Yoga, with over 20 years of diversity education and over 15 years of yoga experience.

While living and teaching abroad in Southeast Asia, I began practicing yoga and meditation in 2006. After moving back to Iowa, I had a spinal injury that left me with limited ability to move; frustrated at my physical limitations, I began using Meditation to turn inward, finding a sense of calm. Embarrassed and self-conscious about my limitations and weight-gain, I began working individually with different yoga instructors - changing my body through the use of props! Yoga, for me, is a place to calm the mind, reset the body and find internal centering. In 2022, with the support and love from my husband, I earned my 200hr certification. I am excited to teach Body Positive Yoga classes focused on Joint Health, Body Alignment and Gentle Flow, using Meditation and All the Props!

Classes offered

Thick & Curvy: Movement and Alignment

Class is offered as a gentle flow class. We work to connect the body with the breath to encourage better alignment. Classes often involve a common theme woven throughout class, as well as a small meditation to connect intention to movement.

Weekly: Tuesdays, 430-530 at Toulas Yoga, Classroom 2 - \$15

Class is great for Beginners

Thick & Curvy: Joint Health & Balance

Class is offered as a gentle movement class. We work to assist the body with joint movement and Balance. Designed to help bring body awareness to focus, with the use of different props, such as chair, blocks, straps and bolsters. During class, different postures/asanas are broken down to help the body open; and gradually combining different asanas into a flow.

Weekly: Thursdays, 430-530 at Toulas Yoga, Classroom 1 - \$10

Perfect for those new to yoga, and those new to movement.

