

Sunshine Holistic Massage & Yoga



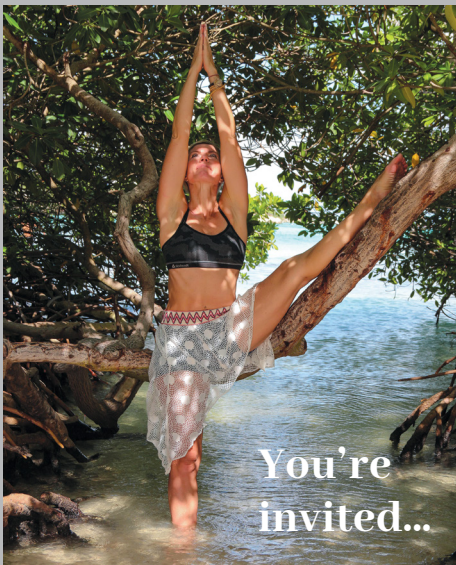
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yoga spotlight

River Rock Yoga and Pilates

Expanding to Comprehensive Holistic Health Destination

Moira Anderson, owner and director of River Rock Yoga and Pilates, is passionate about welcoming students to the holistically healing, wisdom tradition of yoga in her Ocean Springs studio. Anderson, who has taught yoga for 23 years and worked in mental health for 13 years, is a Licensed Master Social Worker who advocates for improved mental health in her community and has been seeing clients full-time since 2018. River Rock Yoga and Pilates, in business since 2006, has deep roots on the Gulf Coast. “I am grateful to have a business in my beloved hometown, surrounded by its natural beauty and the gracious and lovely people of the Mississippi Gulf Coast,” says Anderson.

Now, River Rock Yoga and Pilates is announcing its expansion as a wellness destination. The Mississippi Center for Yoga and Health will include River Rock Yoga in an expanded studio and sanctuary space with a hot yoga studio, Namaha Hot Yoga with therapeutic FAR infrared heat panels. The center will also offer expanded mental health services, more Pilates offerings, aerial yoga, Reiki, massage and spa services, ayurvedic and nutrition services and other health and fitness services. “The Mississippi Center for Yoga and Health is in partnership with an amazing healthy food restaurant, The Fig and the Olive, and will offer a tea, coffee and juice bar at the new location,” says Anderson.

Anderson and her staff are looking forward to serving the Gulf Coast community with expanded classes and services, community-building events, workshops, music concerts and opportunities to gather, meet, build tolerance and increase understanding and education.

“Other offerings will include a community garden, free classes and health and wellness programs for people in need. The aim is to support individuals in body, mind and spirit,” says Anderson. The mission is to assist individuals in reducing mental and physical suffering by using integrative, transformational practices rooted in yoga philosophy, therapeutic intervention, self-care, wellness, nutrition and social work ideology.

The core philosophy of River Rock Yoga and the Mississippi Center for Yoga and Health is related to the core philosophy of yoga: connection. The word “yoga” literally means “to yoke”, or to “bring together”. “The current studio and the new project are about opportunities for connection. Our dream is that people learn to feel connected with themselves, with each other and with the spiritual practice that sustains them and is nourishing for them,” says Anderson. “My prayer is that the center’s presence in the community is welcoming, inspiring and educational. If it contributes to bringing peace to people and reducing suffering, I will feel very blessed.”



Moira Anderson



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