

yoga spotlight



Kimberly Jackson (L) and Moira Anderson

River Rock Yoga and Pilates

A Healing Haven for Body, Mind & Spirit

The intention to create ease, well-being and community in this healing space can be felt upon entering River Rock Yoga and Pilates in Ocean Springs, Mississippi. The studio offers a welcoming and peaceful ambiance with soft colors, comfortable cork floors, friendly atmosphere and beautiful murals.

The studio has been serving the Gulf Coast since 2006, consistently offering a variety of supportive healing and balancing services. Owned and directed by Moira Anderson, the studio has recently welcomed Kimberly Jackson as manager. With its talented team of instructors and associates, River Rock Yoga provides unparalleled customer service, support, innovative scheduling and abundant opportunities to take classes and workshops.

In addition to a weekly schedule of over 20 yoga and Pilates classes that accommodate students at every level, the studio

provides health-related workshops, community events and music concerts. The next concert will be held on November 13, 4 to 5:30 p.m.: a musical journey with Natalia Clavier, Healing with Sound. Cost is \$35 and all are welcome.



Regular classes include Gentle and Gentle Flow Yoga, All Levels Vinyasa Flow Yoga, Restorative and Yin Yoga, Pilates Mat, PiYo, Heated Hatha Yoga Class and a Children's Yoga Class. The 9-week Yoga Basics Program for beginner students or any student who wants to refine their practice at the foundational level is ongoing and may be joined at any time. The studio also provides private lessons in yoga, yoga philosophy, meditation and Pilates and online live classes are available, as well as a library of pre-recorded classes to access from home.

Each year River Rock offers a registered Yoga Alliance-approved yoga

teacher training program. To date, the studio has trained and certified over 100 yoga teachers. Next year, a new 200-hour yoga teacher training begins on February 4.

River Rock has expanded to offer mental health counseling with owner Moira Anderson, Licensed Master Social Worker. Anderson is an advocate for mental health availability in her community. She has also been teaching yoga for 22 years, devoting her life to sharing and connecting. "I want to inspire people to believe in themselves and to not give up on their dreams. You are stronger than you know and more resilient than you think. Don't be afraid of making mistakes. Setbacks and disappointments do happen. If you need help, reach out. You are never alone and there is always a solution," says Anderson.

The studio team is encouraged by individuals consistently stepping up to take responsibility for their health and well-being. As people recognize more and more that self-care, personal peace and compassion for self and the world is a worthy pursuit, this innovative center is here to support those efforts! River Rock Yoga and Pilates provides a haven for healing, connection and well-being.

5 Tips

1. Learn how to remain calm.
2. Every day express gratitude for your life and for your body.
3. Set an intention each morning for the day.
4. Several times throughout the day stop and take five deep breaths.
5. Every day, forgive yourself for yesterday's mistakes.

Location: 2429 W. Commerce St., Ste. C, Ocean Springs, MS. Please download the River Rock Yoga and Pilates app to sign up for classes and events. Or text or call Kim Jackson 228-369-0266. A link to open appointments is also available through RiverRockYoga.com, Instagram: @riverrockyogaandpilatesos, Facebook: River Rock Yoga and Pilates. See ad, page 6.

