

Soothing Experiences and Spiritual Connections at River Rock Yoga and Pilates

“**T**o live with dignity and kindness is a gift we receive from regularly participating in spiritual practices,” states Moira Anderson, the visionary behind River Rock Yoga and Pilates and founder of The Mississippi Center for Yoga and Health. “When we feel loving toward ourselves, we often feel loving toward others, therefore our relationships tend to improve.”

A popular spiritually soothing workshop at the studio uses music and sound. Because the human body is mostly water, the vibration of sound relieves stress, improves health, releases buried emotions, enhances mood, boosts brainwaves and expands consciousness. Upcoming events at River Rock include Wholetones: A Movement Meditation with Debi Saraswati Lewis in October, Natalia Clavier’s Music Journey and Cacao Ceremony in November and Rhythmic Resonance: A Breath and Music Journey to Inner Harmony with Out of Doors in December.

River Rock Yoga and Pilates, a destination for health and wellness, has been building a community in Ocean Springs, Mississippi, since 2006. In spring 2024, it will move to a new space with expanded offerings. The Mississippi Center for Yoga and Health will continue to support River Rock Yoga and Pilates classes in a larger sanctuary space, with the addition of a state-of-the-art hot yoga studio, nutrition, massage, therapeutic water and spa services and continued mental health services. Associated businesses include a healthful restaurant; coffee, tea and juice bar; community garden and outdoor yoga pavilion.

Anderson, CYT, E-RYT 500, LCSW, is committed to serving people with education and holistic health support. In addition to the yoga studio, her focus remains wellness workshops, community events, transformational experiences and music concerts.

Anderson wants people to learn to feel more at ease with themselves, more connected to community and more vibrantly associated with spiritual practices. “Our obsession with achievement



Moira Anderson

has caused us to neglect our spiritual side, which actually needs equal attention,” she suggests. “Without it we become depressed and anxious, basing our worth on what we can accomplish rather than on our inherent compassion, generosity and kindness.”

Anderson advises weaving spiritual practices like yoga, meditation, music, dancing, singing and deep relaxation into daily life to uplift the heart and reduce suffering. Her personal practices and study have proven to her that present moment experiences can help return to us a sense of wholeness, where we can recognize our well-being, connection and an inherent happiness not based on external events.

Location: 2429 W. Commerce St., Ste. C, Ocean Springs, MS. For more information or to sign up call Kimberly Jackson, Studio Manager 228-369-0266 or Moira Anderson, Director 228-365-3191. RiverRockYoga.com. See ad, page 8.

