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Yoga master leads weekend of meditation

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Yoga instructor Tania Wildbill demonstrates a yoga pose called thread the needle to a class last month in Pendleton. Wildbill, along with James Dewar, is hosting the Pendleton Yoga Round-Up April 24-26 at the Red Lion, 304 S.E. Nye Ave.

File photo

the children. It was inspiring."

The maser yoga teacher is returning April 24-26 for a weekend of yoga, dance and meditation. The free event, held at the Red Lion Hotel in Pendleton, encourages personal exploration and transformation.

Wildbill and James Dewar, a yoga teacher from Sammamish, Wash., tout the weekend as an opportunity to train with other enthusiasts in the world of yoga.

"Since my first experience in the sweat lodge a few years ago, I have felt a strong connection to Umatilla country. Although I was surprised by the idea of a yoga event in Eastern Oregon, the response has proven me

A spring visit to the Confederated Tribes of the Umatilla Indian Reservation intrigued Yogi Amrit Desai, the founder of both the Kripalu Center for Wellness and Yoga and the Amrit Yoga Institute.

Tania Wildbill, founder of Yoga on Main, had invited Desai to experience the American Indian culture in Eastern Oregon.

Desai has been Wildbill's yoga teacher since she first attended the Kripalu Center for Wellness and Yoga in 1983.

"Last year when I was invited to Pendleton by Tania Wildbill, after my Portland seminar, I was touched by the local American Indian community," Desai said. "I was impressed by how well the self-governing body was managed and the orientation of so many services to provide for the cultural and educational development of

wrong," Dewar said. "In a short amount of time, we have already gotten word of people traveling from all over to participate. When Yogi Desai agreed lead our Saturday evening Kirtan, I was in awe of the possibility of 500 strong chanting, 'Om' in one of the most spiritually charged areas of the country."

Desai called Wildbill a "long-time student" of yoga.

"(She) has been able to bring the teachings of yoga into the community. How well it has been received shows Tania's dedication and ability to connect with the community," Desai said.

Desai said Wildbill and Dewar were the catalysts in formulating the idea of a weekend yoga event in Eastern Oregon.

"My intention for coming to Pendleton is to make this free program available and accessible to as many as possible who hear about yoga but do not have a clear perspective that it is a spiritual science and not bound by any religious beliefs or biases," Desai said. "As a result yoga is growing throughout the world. There are so many on an evolutionary journey who are ready to recognize the power and depth of yoga in their lives and in their search for health, peace and happiness."

Hundreds of people from across the United States have pre-registered for the event - which will be capped at 500.

For more information contact Wildbill at 310-9102 or wildbill@wtechlink.us or register on-line at to pendletonyogaroundup.com.

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