



Dearbhla Kelly

"Dearbhla is one of those rare teachers who combines great dedication to her practice with a sharp intellect and an uncanny ability to present traditional wisdom in strikingly modern ways.

While she is definitely serious about her practice and her teaching, she also brings a light touch to her communication abilities. I highly recommend her workshops."

~ Carlos Pomedá

Dearbhla Kelly, M.A., is a yoga teacher, philosopher and writer. She was born and raised in Ireland, and is currently based in Los Angeles. Dearbhla started practicing yoga in 1994 while studying philosophy in Amsterdam and began teaching at Moksha Yoga in Chicago in 2003 while working towards a Ph.D in philosophy at the University of Illinois at Chicago. She has taught in a wide variety of forums, from teacher trainings, to festivals and conferences. Dearbhla has also taught yoga to prisoners, war veterans with PTSD and children with severe physical disabilities.

She is particularly interested in the intersection of yoga, philosophy and neuroscience, and her writing has been published widely in Yoga Journal, The Huffington Post, Elephant Journal, Origin Magazine and numerous other publications. Her love of philosophy deeply influences her approach to yoga and her understanding of how yoga can enhance our lives. She is currently working on a book about yoga and flourishing.

Dearbhla skillfully marries the more esoteric teachings of yoga with modern scientific insights and the practicalities of everyday life and weaves the philosophical aspects of yoga into her asana teaching. Her teaching style is accented by her warmth and keen intelligence combined with dynamic sequencing and attention to breath. A dedicated ashtanga practitioner, her lilting Irish accent and Dublin wit make her classes uniquely enjoyable and her generous hands-on assists speak to the depth of her own practice. Dearbhla teaches yoga, philosophy and neuroscience workshops and leads retreats and trainings in the USA, Europe, Asia and Australia.

Website: www.durgayoga.com

Facebook: <https://www.facebook.com/durgayoga/> **Instagram:** @dervkellyla

YouTube Channel: <https://www.youtube.com/channel/UCfuq7oH3QaSf6ofJa-OuJgw>

