



Sandra's Story

Mindful Movement is my passion, my art and my craft...

The Great Blue Heron guided me back to the Midwest in 2018, by appearing to me in a somewhat unlikely pond in my neighborhood for 3 days straight in Denver, CO, when I was in the process of deciding what was next in my life. The gentle, yet fierce dance of the heron reminded me of so many aspects of my movement practices, and this powerful spirit bird has become my personal mascot for this season of my life.

I grew up in southern Minnesota, went to college and lived in Madison, WI for 13 years, and subsequently moved to the mountains west of Boulder, Colorado, where I began my movement practice and teaching journey in 1999. I moved and taught for 19 years in both the Boulder and Denver communities. Movement for me has become a steadfast and reliable source of mobility, stability, flexibility, strength, balance, deep healing, peace and caring community with others as I have navigated a number of significant health challenges. I have also been lucky to explore many different kinds of holistic healing modalities which I love to share and integrate into my movement classes. I returned to MN in July of 2018 to be closer to my family, and have since moved to Eau Claire, WI to live with my wonderful partner in all things, Daniel. Spending time in Eau Claire has been like a deep and nourishing balm for my mind, body, emotions and spirit, and I hope to establish deep roots here in the land of clear water! Being a water person, I'm naturally in my element here and you'll find me often on the banks of Otter Creek, The Chippewa and Eau Claire Rivers, and the many lakes in the area. I have trained extensively in The Nia Technique (black belt certified), and I've practiced different kinds of Qigong (most notably I'm practiced and certified in Zang Fu Gong, or organ cleansing qigong) and Tai Chi (certified in Dr. Lam's Tai Chi for Arthritis, Parts I and II). I'm very excited to be growing my movement and self-healing practices here in Eau Claire, not only for my daily life but also to be shared with other like-minded, curious souls who are likewise interested in self-healing modalities to enhance longevity and overall health for mind, body, spirit, emotions and life! Creating wide open spaces in our bodies with movement brings so much flow to so many things--to our creative lives, our family lives, our work lives...and most of all to our sensation of feeling alive during our time here. Aren't we lucky to be sharing these precious moments together during this brief yet challenging blip in the grander scheme of time?

Everyone is warmly welcomed to join my classes! I enjoy teaching movement that is adaptable, safe, healing, and pleasurable for Every Body. You don't need to be a certain body type to join my classes, nor do you need to go out and buy the "regulation clothing" to fit in--wear loose, comfortable clothing. You don't need to be a certain age. You don't have to subscribe to a certain political or religious belief. And you certainly don't need to worry about being coordinated, graceful or skilled. We move to learn and to remember our birth right...which is to love and appreciate the miracle that is our bodies. We all have bones, muscles, joints, senses, minds, and beating hearts--that is what we all have in common. Together we will enjoy a practice (not a "perfect") to help ourselves--and each other--feel better.

I look forward to sharing practice with you!

Sandra Mighell