



Tommy Bosch

Credentials: Tom Bosch is a registered Yoga Alliance Certified Teacher (200 hours) from the San Francisco Bay area. He recently moved to Palm Springs with his family to escape corporate life and experience the slower-paced desert lifestyle. Tom credits his mentors with instilling emphasis on safety, support, and modification throughout the practice of hatha yoga.

Work Philosophy: Tom teaches a progressive vinyasa (flow) with focus on building a strong foundation while slowly adding on while offering modifications for yogis of all levels. He emphasizes breath work, conscious transitions between poses, and cultivating self-compassion both with yoga and in daily life. He believes that calm is found in being outdoors as much as possible, practicing yoga with your dog, and not taking yourself too seriously, especially while on your mat.

www.UrbanYoga.org