

Kathleen Pringle

by Scott Schroeder
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Kathleen Pringle has been my primary yoga teacher, friend and mentor for over twenty years. The first yoga class I ever took was with Kathleen. After that first class I knew I would be doing “whatever I just did” for the rest of my life. I had recently come out of art school and was not adjusting well to life within the corpocracy. I could feel its dull pull, trying to convince me to value security and comfort over my own autonomy and creative potential. I found yoga at the very right time, and I attribute Kathleen’s teachings with giving me the tools to overcome fear and self-doubt so that I could come into full realization of my creative visions.

Some generous things Kathleen has done for me that probably no one knows about:

- Kathleen went out of her way to introduce me to BKS Iyengar, even though I could tell he had no interest in meeting me whatsoever.
- Kathleen got me into all the advanced classes at the Institute. It was my first time there and I don’t think I would have been eligible to take any of these classes. She told the guy at the desk that I was a “sober” student, which for me wasn’t the first thing that came to mind, but it worked.
- On the 14+ hour flight from NY to Mumbai Kathleen gave up her business class seat to me for many hours so I could get sleep while she took my coach seat. This allowed me to avoid jetlag. Namaskaram Kathleen.
- One time Kathleen landed me a 2+ hour long face to face meeting with a living legend in the movie business, a more behind the scenes guy. This is the kind of face time that a Hollywood studio would easily pay 500K for. The guy was just there for me to monopolize his time. Unbelievable.
- Kathleen landed me a gig teaching yoga to Steely Dan for a couple summers when they would come through and play Chastain.
- Some time ago I made a drawing of Patanjali for Kathleen to celebrate her 35 years of teaching. She’s never shied away from hanging it just inside her front door even though it probably scares many people.
- Kathleen always encourages and lends perspective on my creative pursuits and has given me great insights into running a business by way of vision and intuition.
- Kathleen has never asked me to be something I am not. Kathleen has never judged me for the stupid things I’ve done and said— And believe me there have been many. Kathleen has never played games with me. Kathleen has always taken a genuine interest in what is going on with me and has always been there for me. These are very generous qualities and I am very lucky to have her as a teacher, mentor and friend.