

Dear friends,

Yes, it is true that my husband and I are moving to Rogersville, Tennessee to live close to our “family” there. My heart is very full in sharing this - full of the joy of this new adventure and full of gratitude for all of the tremendous years that we have shared together. It has been a privilege to create this sanctuary for us in Lakeland and to know each one of you. This new chapter for the studio and for myself is about expansion, not retirement. Our studio will continue to thrive under the leadership of Lana and our experienced teachers and will foster new generations of teachers and students on the path of yoga. It is a time for all of us to soar. I know that our team is ready for this transition and I will be there to support them along the way. Lana and I have plans for me to return to Satya Life Yoga multiple times throughout the year to teach both classes and private sessions. And for those of you who wish to continue to study with me more frequently, in person or online, in classes or privately, there will be plenty of opportunities. I will be here full time teaching until October 1st, 2026 and we will share many classes, conversations, hugs, and plans for the future. As always, I am here to support you in anyway I can.

When I opened Satya Life Yoga in 2004, I had already experienced the profound healing benefits of Yoga and Qigong, for my students and myself. I had been blessed by the tutelage of amazing teachers in Iyengar Yoga, Kundalini Yoga and Ashtanga Yoga. My teacher Master Tianyou Hao had taken me under his wing and after years of discipline and study bestowed upon me the honored title of Qigong Master. My career at the time was primarily as a modern dancer /choreographer and I had taught both in university and performing arts high school environments. I had also taught in many studios from Rochester, NY to Cleveland, OH to Tampa and Lakeland, Florida. My dance works had been performed by me and my company Frankie Hart & Friends along the east coast from NYC to Miami. I loved movement, meditation and all forms of holistic healing and I felt guided to teach these practices to anyone who showed an authentic interest.

In the early days several teachers, along with my dear friend Gregory Hicks (who I had collaborated with in many dance endeavors as he is an excellent musician / composer), joined me teaching at the studio. The studio housed Greg’s massage practice and until our move to the Cleveland Heights location, which came about suddenly after an unforeseen plumbing issue, I have been committed to offering massage at the studio as a healing modality for students. After Greg, several massage therapists joined us at Satya Life including Heather Boreske, Leah Stine, Denise Gregory and Debbie Scanlon. If you had the opportunity to receive treatments from any of these folks, you know first hand of their skill and compassion. Just down the hall from us for many years Kathie Patterson also offered massage, and although she technically was not in our footprint, we became a family of like minded practitioners. Leah, Kathie and I enjoy a monthly gathering to this day just to keep the good vibes going!

At some point, Eileen Templin, a heart forward psychotherapist also held her office at the studio. I firmly believe in promoting mental health in our own life and supporting it for others. Yoga and Qigong can carry us through the rough patches of life and yet, at times, it can be meaningful to have support to guide us in uncertainty - whether it stems from loss or growth. Eventually we might come to see that it is all an opportunity for growth.

I have hosted guest teachers over the 22 years, from the amazing Ayurvedic Practitioner Amita Banerjee, to Iyengar Yoga teacher Brooke Myers, and of course my dear teacher Master Hao. Each of these teachers visited multiple times bringing wonderful opportunities for our local community to learn from those who have a history of being immersed in the cultures of India, China and Tibet.

In the early days, there were also Summer Dance Programs. What fun! Teachers Donata Bonini, Brian Murphy (from the Cleveland Ballet), Christina Acosta (from Tampa), Robbie Mundy and others joined me for several weeks of dance in the summertime. We can all thank the dancer in me for the professional sprung wood flooring that has tirelessly supported our efforts in all disciplines by lessening the impact on our joints and creating that extra spring in our step! A very special thank you to Brian Macke and Pete Bishop for assembling these floors, which I can tell you my friends, is no small feat.

Right from the start, I offered yoga classes that included beginner to advanced, pranayama, prenatal, core and therapeutic. In just a few years I started perhaps the first aerial yoga program in Lakeland and my yoga barre class. This was a time when most people had not yet heard of Aerial or Barre, and so it was a joy to introduce these classes to our community.

My first Qigong classes in Lakeland were actually hosted by Bill Lippy and Laurel Renfro at their house soon after I moved to Florida to teach at Harrison School for the Performing Arts Dance Department. In those early days I met such wonderful folks including Bill and Lolly, Cheryl and Ben Graffam and Susan Truett. Many of you will know them from classes today!

When the studio opened, we offered Qigong classes from the start and I created the Tai Chi program. Qigong is a large umbrella term for movement, mediation and healing forms. Tai Chi is the most known movement form. After years of teaching the Tai Chi 24, I developed a Tai Chi for Health class that would give me the opportunity to share a wider range of Tai Chi and Qigong forms. In the Qigong classes I teach meditation and self healing forms. In my private sessions I offer Qi healing sessions which draw from my acupressure studies with Master Hao, the Lifeline Technique certification that I received from Dr Darren Weisman and the trauma training that I have pursued over the past eight years.

Sometimes people ask me if I prefer Yoga or Tai Chi / Qigong. What I always find myself reflecting on is that we are given this body in which we breathe, a mind in

which we create thought, a heart that feels emotion and a field in which we both transmit and receive energy. Both disciplines address all of this holistically and so I cannot say that I prefer one to the other. However, as a teacher, I do not “blend” them. I believe in honoring the depth of each tradition. You can take more than one way home. What matters is that you get there.

Through both these disciplines I learned the value of slowing down and discovering the oasis of stillness inside of me. How do we find this peace within? By daily practice, simple living, and embracing a world view that is not competitive nor self-deprecating. By embracing humility and humor and opening our heart to compassion, first towards ourselves and then to others. Is this easy? Not always, but when you start to release the unnecessary suffering of life, it is so worthwhile.

Not long after the studio opened, I began to offer private lessons. My friends Linda and Claire come to my mind as I think of those very early days. These personal sessions focus on improving strength or mobility in the body, as well as quietness in the mind. Looking back at the diversity of these lessons over the years and the people that I have shared these hours with warms my heart. Whether we move through physical injury, prepare for a surgery or rehab after one, train for an athletic event, support a recovery program, focus on walking again, or explore the breath, the one thing I know is that we are always walking towards our basic human desire to be happy and healthy. The Upanishads teach us to walk together, to talk together. This is my intention. We are all walking each other home.

I sincerely thank all of my students and teachers at the studio, for I have learned a great deal from each of you.

The paths of Yoga and Qigong can serve us at any stage of our life. Even in the last few breaths of our life we have the capability to expand and grow as a human being. Of course, what this growth looks like, what it means, shifts over time. What a gift when we meet others who shine a light in the direction of our expansion and hold it steady as we find our way, learning to listen to the teacher within.

In 2011 I started the Yoga Teacher Training programs for both 200 & 300 hours. There have been so many amazing teachers who have come through this trainings, including the teachers at the studio today - Mary, Monica, Gwen, Sandy, Rodney, Tim and Lana. Since the pandemic I have offered an online or hybrid option which has welcomed students like Kitty in Illinois, Sarah in Alaska, and Heather in South Florida. Our current TT class will graduate at the end of September 2026 and I will continue to offer YTT certification programs in the future, so keep in touch if you are interested.

After a few years of Laura Pallos and I dreaming about a yoga retreat in Tennessee, Patty and Don opened the Well Being Retreat Center in Tazewell, TN and our annual Fall Mountain Yoga Retreat was born. We have spent vibrant fall days and star filled nights together ever since. This fall is no exception, so if you are inspired please join us October 22nd-25th, 2026 for four days of joyful restoration.

We have also gathered for several Tai Chi retreats and I am looking forward to adding another one in the near future. Thank you to all who have travelled near and far to these events. They are some of my most favorite times of the year.

Another fond memory coming to mind now is our holiday yoga class tradition. Every holiday except Christmas and Thanksgiving day, I have enjoyed spending with you sharing a yoga class and then gathering together as a community for a meal. Lana is excited about keeping this tradition going!

You may still be wondering if I am retiring and to that the answer is absolutely not. I am simply shifting my home base to Rogersville TN where deer will run through my back yard and I can hear the sound of an ebbing and flowing spring from my front porch.

Lana and I have plans for me to continue to serve our Therapeutic and Tai Chi community which I am excited about. I will continue to offer private sessions, both in person and on zoom, and am planning on expanding my online offerings with a video library and new episodes to my podcast "Strong Body, Quiet Mind." I will also be teaching classes at Laura's yoga studio, The Loft, in Rogersville.

Most importantly, this studio and the community it holds will thrive under the leadership of Lana and our compassionate teachers and caring staff - a special shout out here to Rebecca, Tim and Joe for being such a dream team for us all. I am planning on returning each season, so this is not goodbye but namaste. I am not leaving, simply spreading my wings, and in doing so all of the dedicated teachers here can also soar a little more.

It is with an overflowing heart that I share these memories with you and this glimpse into our future. I intend to embrace each moment at the studio during the transition and in my returning trips. I am here for you.

With Infinite Love and Appreciation,
Frankie