



Kerry Temple-Wood

Kerry is the founder of The Art of Conscious Aging™ and the 63rd Street Yoga Studio. With 45+ years of experience practicing yoga, Kerry's wisdom is found on the mat, in her writing, and educational programs. She is passionate about exploring the feminine journey. Her connection to yoga and awakened consciousness has been a thread woven through all the experiences of her life: relationships; marriage; motherhood and parenting; menopause; and conscious aging.

Everything that is not Truth, falls away.

"There was no one to show me the way. There was no map, there were no wise women to encourage me or just someone to talk to – yet 'the way' – which I called at the time, The Process, seemed to be about listening and staying open. If I could but listen, connections arose, energies bubbled up and over. Not always pretty, but truths of my inner nature and desires revealed themselves through breathing, diving in, listening deeply, and everything that was not truth fell away – gradually one breath, one moment at a time."

If we do not define ourselves, the culture will.

"The Process became avid curiosity, fascination, fun, something new and risky, and if allowed, old parts of me were reclaimed! The self-inquiry was about the only thing I found myself fearless about. If something came up, something scared me, upset me, it almost always meant I really needed to look, investigate, and feel into its truth – in this moment – NOW.

I bring a deep passion to my work with women at this time in their lives, holding a safe container for the universal journey of transformation. As we embody the wisdom of an elder, we have an opportunity to choose and move with intention in our bodies, minds, and hearts."