



**Pippa Dorfman**

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Resident teacher, founder, and studio manager at Stepping Stone Yoga since June 2016 (Jeffersonville, VT), Pippa is certified in both Kripalu Yoga ('05) and Prenatal Yoga ('15), has a Bachelor of Science in Wellness & Alternative Medicine, and is a DONA Internationally trained labor/birth Doula.

Pippa teaches a wide variety of classes from her specialties with prenatal and mixed levels Asana Vinyasa Yoga classes to her more unique offerings such as Healing Core, Hoop Yoga, Stick Yoga, and Lunar Yoga. Pippa describes herself as a devoted mother, humble sister, grateful daughter, loyal friend, birth assistant to families, as well as a Nature and animal lover!

Although she has had a long time dream aspiring to homebirth midwifery, teaching Yoga is one of her strengths and does so regularly at Stepping Stone Yoga. With the opening of the studio, in the summer of 2016, Pippa dreamed into reality the Red Yurt Project: a space and concept devoted to providing her passion to empower

women, celebrate this human experience, and to raise awareness of the interconnectedness we share with the natural world.

Pippa believes in the urgency for all of us to wake up from our veiled existence of conditioned ways through connecting with the drum as a tool for personal growth. You can attend her drum journeys at Stepping Stone Yoga Studio (in Jeffersonville, VT) or the Red Yurt Project (located in Bakersfield, VT). Experience shows us that drum journeys provide us with insight into the realms of perspective we are not always able to tune in with. Pippa learned how to use and care for the drum from one of her womentors, Jane Hardwicke-Collings, and believes it is a cross-cultural means for sacred human connection. Also through Jane's advice and edits, Pippa created the Maiden Seasons Program. This 1 to 2 year long program is dedicated to the coming of age group who want to learn more about wellness as they enter womanhood and the wo-menstrual cycle. This program also facilitates the education about our connection to the Lunar cycles and how that applies to setting meaningful intention in one's life.

Building a healthy community and coming together to share in the experience of self-inquiry and self-understanding is at the forefront of her motivation to open Stepping Stone. Now, as 2020 has brought into the headlights the concept of uncertainty, this community continues to grow in profound ways, and we have moved to an online studio space for daily practice. In the Spring of 2020, we welcomed the addition of our outdoor Yoga deck which is a valuable in-person experience of coming together since we have not been able to open the studio due to the public health crisis of COVID-19. ,  
Here at Stepping Stone Yoga, Pippa encourages the shared sound of what she calls the "Vermont aum", om-ing backwards to honor the sound of "awe" at the end since this is what we collectively share in.

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Words from Pippa:

*"I grew up on the east coast of Massachusetts, in the US to an Australian mother and father from New Jersey (my Poland/Russian/German heritage). I had the unique opportunity to get to know my mother's side of the family well too, as I visit Australia every five years of my life. Life to me, as it tends to be for many, is a series of before and after stories: Before my brother and father died, I had a very fortunate upbringing, surrounded by love, support, and comforts. I was a serious athlete and devoted my time mainly to soccer and then helping to create a lacrosse program in our high school. After my brother and father died, I changed a lot. Although I got into Bates because of soccer ('04), I ended up taking a leave of absence to immerse myself at a local Yoga ashram to dive into my grief in a wholesome environment.*

*After completing a teacher training program at Kripalu Center for Yoga & Health ('05) I did some world traveling (volunteered at an orphanage in Tanzania, ran free and wild in Southeast Asia, rode my bicycle across the US with a few friends to raise money for Cancer and Bipolar research, etc.) I found my way back home to get my ducks in a row and transferred from my three semesters at Bates to the University of British Columbia where I joined the School of Human Kinetics to study more about one of my passions: the human body and how it functions within movement. I finished my B.Sc. in Wellness and Alternative Medicine in Vermont, and then gave birth at home with a super supportive Birth Team then opened SSYS and the Red Yurt Project here in the wonderful land of Coywolves & bobcats!*

*In my free time (which I value and make room for) I dance with hoops (especially to James Brown), snowboard and go on hikes with my dog and daughter: I spend time mostly outside in Nature, my temple.*

*I currently teach regularly at Stepping Stone Yoga. Stepping Stone Yoga Studio (Tradenname) was created under the LLC, Sacred in the Round, as a symbol for life's ever-changing ways: there will be many steps to take to get to where you are going, and once you are "there" you may realize the journey never truly ends.*

*The Red Yurt has migrated northwards after two years outside the studio, so that I could base the project out of my homestead.*



Lifestyle Entrepreneur of:

Sacred in the Round,  
Stepping Stone Yoga,  
the Red Yurt Project  
Pippa Hipa Hoops,  
Sacred Circle School of Hooping Arts,  
Rolling in fields of dandelions...

Dreams:

Completely off-grid Sustainable Living  
Goats and Gardens  
To show my daughter the world & let her shine brightly her unique  
light  
To contribute to the rebuilding of Mallacoota, VIC after the fires of  
2020 New Year..  
Red Yurt Project & Sacred in the Round  
Lifelong participation in the incredible practice of Gratitude  
Aspiring Homebirth Midwifery/Midwife Assistant