



**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 also 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.

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 practice. But, also in the Spring of 2020, we welcomed the addition of our outdoor Yoga deck which hosts a valuable in-person experience of coming together for practice.

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."*

Lifestyle Entrepreneur of:

Sacred in the Round,  
Stepping Stone Yoga,  
the Red Yurt Project,  
Pippa Hipa Hoops &  
Sacred Circle School of Hooping Arts,  
Hoop Yoga

Dreams:

For Sustainable Living  
Goats and Gardens and Wildlife  
To show my daughter the world & help her shine brightly  
To weave Australia into my and my family's future  
Lifelong participation in the incredible practice of Gratitude, Drum  
journeying, and hoop dancing...  
Aspiring Homebirth Midwifery/Midwife Assistant  
Aspiring Wildlife Rehabilitator

& About Rolling in fields of dandelions...

Thank you to my Mother, and to my grandparents. Thank you to my brother and father. Thank you to my first Yoga teacher, Pam Britton, for teaching humor amidst the seriousness of sacred practice. Thank you to our grandchildren's children for forgiving us who may have contributed to the deterioration of the beautiful world and to the destruction of biodiversity. But thank you to my daughter for teaching me that if I want to, I can be the person she looks up and says with conviction and respect, "that's my mama".

