

Dara Madigan, RYT-200

Having grown up in Boulder, CO, Dara always had an interest in health and well-being and was exposed to yoga at a young age. She has practiced regularly since moving to Des Moines in 2012 and began teaching in 2018. With experience practicing yoga at various studios and with different teachers in the community, she brings an eclectic style of teaching. Dara finds joy in both the physical and emotional benefits of yoga and has a strong belief that life is all about balance and moderation.

When she's not doing yoga, Dara is active in the Des Moines nonprofit community, enjoys racing and training for triathlons, and spends much of her summer cycling with the Iowa Women's Bike Club.