

Barbara Adams

Barbara is a devoted yoga student, Anusara Inspired teacher and ERYT500. She is the owner of Yoga Village Fountain Hills since 2003 and Yoga Village Scottsdale since 2006. She has studied and practiced several styles of yoga since 2000 and has enthusiastically embraced Anusara Yoga since 2003



Barbara is a delightfully fun and witty, thoughtful and highly skilled teacher of Anusara Yoga. She is exemplary of all the best qualities in Anusara, both as a student and as a leader, and offers her wisdom in a heartfelt way through her teaching.