

February 1, 2024

## **FOR IMMEDIATE RELEASE**

**Contact:** Ralph Mossman

(208) 354-2759

[ralph@theyogasource.org](mailto:ralph@theyogasource.org)

theyogasource.org

### **The Yoga Source:**

#### ***Elevating Community Well-Being through Yoga***

The Yoga Source, a non-profit yoga studio in the heart of Teton Valley, ID, is making waves with its unique approach to community well-being. Co-founders Ralph Mossman and Sea Marie Biladeau are steering this wellness hub towards a transformative vision that goes beyond traditional yoga studios.

The Yoga Source is not just a studio; it's a dynamic force dedicated to serving the Teton Valley community. Located in downtown Driggs, ID, the studio offers classes, workshops, events, retreats, and trainings, fostering a healthier, more connected community.

At the core of The Yoga Source's mission is a commitment to community well-being. Classes operate on a "support as you are able" model, ensuring accessibility to diverse individuals. Monthly memberships offer unlimited classes, making it convenient for students to embrace the full spectrum of yoga benefits.

Breaking away from the traditional studio model, The Yoga Source empowers students to shape the studio's direction. Co-founder Ralph Mossman envisions a community-driven space where individuals actively participate in defining the studio's

trajectory. This groundbreaking approach has resonated strongly with the community, igniting excitement and involvement.

The Yoga Source isn't just contributing to individual well-being; it's also making a mark on the local economy. The studio attracts individuals to the area for workshops and events, positively impacting surrounding businesses. Embracing eco-friendly practices, The Yoga Source promotes environmental awareness within the community.

The Yoga Source is fostering connections. Mossman emphasizes, "For this dream to become real, community support is key. The goal of yoga, and wellness in general, is to connect to ourselves, to others, and to our environment. If there was ever a time to connect, this is it."

Ralph is available for interviews about the Yoga Source and can be reached at email [ralph@theyogasource.org](mailto:ralph@theyogasource.org), or call (208) 354-2759.