



BEN BROMLEY / NEWS REPUBLIC

Tatsiana and Jim O'Neill will share their home with students of their studio, It's All About You Yoga and More.

Comforts of home

Yoga studio finds its place downtown

By Ben Bromley
News Republic

Owners of a Baraboo yoga studio sought to create a more comfortable, home-like environment. That's what makes their new location so ideal.

Jim and Tatsiana O'Neill are moving It's All About You Yoga and More to an Ash Street house. They will start offering classes there July 1, and eventually will live in the home, as well. The O'Neills plan to create a social area where students can chat and sip yogi tea. "We'll make it more home-like," Tatsiana said.

"It's all about community," her husband added. "We're sharing our home with you."

Tatsiana previously taught yoga at Oak Park Place in Baraboo and other locations in the area. She sought to expand into her own space and set her own schedule. She and Jim, a Web developer for Sauk County who helps manage the studio, feel the new location will help the studio flourish. "We get the opportunity to expand, to really grow the business," Jim said. "It's exciting

and scary."

What's exciting is an affordable location a block off the downtown square. What's scary is taking on another mortgage in hopes the studio pays off. "The hardest part is getting people in the door," Jim said.

To that end, the O'Neills have scheduled a grand opening for Saturday at 508 Ash St. Plus, Tatsiana will offer free classes throughout July. She handles all skill levels, including classes for kids, new mothers and seniors. "We decided to start with a bunch and see what will roll," she said.

Her goal is to expose people to yoga's power to soothe the body, mind and soul. A free month will help students understand yoga's benefits. "They need to have several classes to realize how great it is to you," said Tatsiana, a native of Belarus. "It's a good place to be yourself and relax."

The couple's challenge is overcoming misconceptions that yoga is only for women, or that one must be fit or flexible to try it. In fact, yoga is great for anyone with aches and pains — Jim learned this firsthand, finding that yoga relieved his back and neck pain. "It's something everyone needs to be doing," he said. "Everyone."

Tatsiana will be joined at her new location by three other teachers: Kristen Klootra, Laura

About the business

- **What:** It's All About You Yoga and More
- **Where:** 508 Ash St., Baraboo
- **Contact:** Call (608) 729-5435 or visit <http://www.itsallaboutyou-studio.com/>

Godfrey and Marielle School.

Tatsiana teaches the kripaluy style, which emphasizes inner focus, meditation, standard yoga poses and breath work. She has been teaching in the area since 2006, at venues including Oak Park Place, Preschool on the Corner and the Jack Young Middle School in Baraboo; as well as My Place Children and Family Center in Reedsburg. She previously operated her studio out of the former Baraboo News Republic building on First Street, but found the neighboring jiu-jitsu gym wasn't conducive to relaxation and contemplation.

Tatsiana started practicing yoga back when she was an aspiring dancer. Between dance classes and jobs that kept her on her feet, she started yoga in search of pain relief. She soon got hooked, and gained an appreciation for yoga's spirituality. "It's a journey, too, of how you look at life," she said.

"We're here to help people lead a healthier and more fulfilling life," Jim said. "We're just here to get you to a better place."

A place that feels like home.