

Kassandra De Rudder

I started on my yoga journey back in 2008 after finding a used yoga mat at a second hand shop. I would look up classes at local studios almost daily but was too afraid to attend. My yoga practice started in my bedroom googling different poses and creating my own flows. From the age of 16-18 I was in two motor vehicle accidents (one from being hit by a CN train), and contracted bacterial meningitis. I became severely depressed, emotionless, just waiting for each day to pass. I felt completely hopeless, wishing for my life to be over. My life was in shambles and I allowed myself to become the victim. I wish I could say that I immediately went to yoga and my mindset had shifted for the better, but that would be a lie. I started taking yoga classes with a friend at the local studio. For the next five years I used movement as a way to escape from my mind. At 22 I left on a backpacking trip and saw life through a different set of eyes. Returning home was incredibly difficult. The mental struggles had gotten much worse. I tried my best to hide it from everyone in my life. Something had to change...I started meditating more regularly and started going to daily flows. My voice was discovered through movement. It grew with each breath so delicately taken. I felt more present, more aware, more joy. I soon got my yoga and meditation certifications along with my reiki master certification. I found my calling; to help people. Yoga is so much more than movement; it is breath-work, positive affirmations, diet control, study, growth...it is a total mindset shift. Yoga to me is a continuous path of learning. Learning about who you are and what you have to offer, digging deep retrieving/releasing suppressed emotions and living mindfully in the present moment. I am so grateful for everything I have learned and continue to learn. My journey is just beginning.

I love learning so much that I worked towards my nursing degree for three years along with completing my 4th class power engineering. My passions outside of yoga/meditation are rock climbing, mountain biking, surfing, running, and swimming. I love to travel and while home in Canada, I try to spend as much time in the mountains. I met the love of my life on a trip to Guatemala and it definitely was not love at first sight. :p I love animals and it would be a dream come true to have a sloth fall out of a tree and into my arms. I am incredibly funny (even though my boyfriend might disagree) and can find something hilarious in almost anything.

I could go on and on but I think you get the gist of it. :D

'My mission is to create a wanderlust experience by exploring ones mind, body, and soul. By capturing these energies, we can deepen our self-awareness and allow ourselves to progress in all aspects of our lives. I am here to guide you, encourage you, and motivate you through your practice; to help build your confidence so that you can reach a feeling of calm, peace, and happiness. Together we will push our boundaries and allow ourselves to step out of our comfort zone.'

Website:

Findingmudita.com

Instagram:

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Youtube:

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Credentials:

- 500 hour certified yoga certificate
- Meditation certificate
- Reiki master