



## **Tyler Pagan**

Tyler Andrew Pagan refers to himself as a Valley Veteran. It is a term he has coined to describe those born and raised in the San Fernando Valley, California, an area where actors, artists, and yogis abound. Growing up in this thriving cultural hub influenced Tyler greatly, along with his mother Anna, a single mom who spent her youth touring the country singing back-up for such names as Engelbert Humperdinck and Connie Stevens. It was Anna who blessed Tyler with his milk-honey voice, quick wit, and sweet, sensitive, soul. With such a strong foundation, it was no surprise that from an early age Tyler excelled at whatever crossed his path, from his academic studies to a variety of hobbies including painting, drawing, singing, and swimming on his high school team. The quintessence of a Renaissance man, Tyler is a master of everything and approaches each of his endeavors with equal heart. After high school Tyler worked as a staff animator on a little legendary show known as The Simpsons, and continues to stretch his artistic muscles today with his intricately vibrant yogic paintings that can be seen in the various rooms of Black Dog Yoga.

It was only natural that Tyler would one day find yoga. It came to him around the age of eighteen when he stumbled across a community class at his local YMCA. Yoga immediately resonated with him from a spiritual perspective and, having been a swimmer, Tyler appreciated the mind, body, spirit connection that is essential to a true yogic experience. Tyler's relationship with yoga would deepen even greater after meeting his now fiancé and mutual Black Dog Yoga teacher, Rachel Pinsker. Rachel was a regular at Black Dog and, with her invitation; Tyler took his first Black Dog Yoga class. Upon entering the lobby that first night, Tyler was struck by the love that filled each of Black Dog's brightly painted rooms. Everything that encompassed Tyler's idea of yoga materialized when he walked through those doors, and since, Tyler's made a commitment to bringing that initial feeling of love into his teaching.

Black Dog has not only been a place of refuge for Tyler, but also a sounding board for his plethora of artistic passions, in particular, his passion for music. It is his mutual love for music and yoga that would eventually birth his monthly Friday night class Soulful Flow, a creation of Tyler's that brings live musicians to the room for an evening of yoga, music, chanting, and whatever vibe happens to accompany the night. Yoga reminds Tyler of the importance of balance, of making equal time for action and reflection, work and play. Tyler hopes that his students receive from him what he hopes to gain from his own practice: a sense of body and self, confidence, exciting challenges, and a place to feel at home.

Thank you Tyler!