

Ms. Sarah Doll-Smith

Counselor



Born and raised in Tulsa, I have a deep connection to the outdoors. I spend much of my time today doing what I did around here as a child; losing myself in the woods, talking to plants and animals, swimming in creeks and rivers and picking up rocks to admire their unique personalities. For a few short years, I taught pre-school at Riverfield. This remains a fond memory as I loved walking through the woods with the curious minds of children. I began teaching yoga in 2006 and still teach therapeutic movement to a wide range of students young and old, including the teenage girls in Tulsa's Juvenile Detention Center. Over the years, my connection to nature, love of travel, and fascination with the mind-body connection have helped me develop a strong relationship to native rituals and Earth based practices. I have been lucky enough to be introduced to the art of wildcrafting (foraging for food and medicine in the woods) from the Cherokee, the sacredness of ceremony from the Cheyenne and Huichol, and the healing modalities of bodywork from the Thai people. I am so excited to be teaching KINDNESS CAMP this summer! I'm looking forward to daily yoga, personal inquiry and self care with this group and hope to explore our connection to nature together.

