



Member Spotlight: Flow under the sun at Sol Flow Yoga Studio

Tasha Karidis recently opened Sol Flow Yoga Studio in Cameron Park and she is ready to offer her teachings to the community.

EDH Chamber: Tell me about Sol Flow Yoga Studios and what you specialize in.

Tasha Karidis: Sol Flow Yoga Studio is a locally owned yoga center. We offer 25 classes a week in vinyasa yoga. Vinyasa yoga is an evolving form of traditional hatha yoga that focuses on integrating breath and movement, awareness and alignment, strength and flexibility, and your practice with your daily life. We believe yoga is for every body and we offer a class and a space that honors everyone. We have 10 teachers all fully licensed with years of dedication and training. Each teacher brings a unique style and approach to their class. Whether you are new to yoga or a seasoned yogi we have a class for you. We offer classes in vinyasa flow (more advanced practice), Sol Flow (vinyasa flow/yin), yin (restorative), ashtanga, and basic flow for beginners. Our studio is heated with infrared heat which acts like the sun's rays, hence Sol Flow. You are flowing under the sun. The Infrared heat does not have the harmful UV rays, you instead are getting only the benefits. Relieves migraine headaches, eases joint pain and stiffness, relaxes muscles and increases flexibility, deep cleanses skin naturally, removes toxins and mineral waste, and improves the immune system.

EDH Chamber: Why did you want to open in El Dorado County?

Tasha Karidis: My husband and I bought our first house here in 2011 with a plan to build a family. We did just that, two boys 3 and 5 years of age. My family and I love living in Cameron Park, we have an amazing community and schools in this area. I began practicing at Sol Flow Yoga Studio a little over a year ago. The studio literally saved me during a difficult time in my life. I walked through the doors and I was home. I would go to class regularly sometimes 2 classes a day. I heard the current owner was interested in selling, and a door opened for me to purchase the business. My background falls perfectly in alignment with being a yoga studio owner. I started as a massage therapist, and that community guided me towards the practice and lifestyle of yoga 17 years ago. After years of being a massage therapist and practicing yoga I decided to go to school and get my Bachelor's Degree in Business Management, as I was going to school I was a Property Manager in Davis. After graduating with my business degree I took a 200 hour yoga teacher training in Davis. Soon after I finished my yoga training I got married and started my family. While my kids were young I furthered my passion and education in photography and had a small home business where I took family portraits. Now, I am a grateful and proud owner of a beautiful yoga studio with an amazing following of students and teachers. I believe we manifest our lives, what we believe we become. Sol Flow found me and healed me, now I want to be able to do the same for others. Whatever someone is seeking whether it is better health, more strength, more flexibility, peace of mind, opening of the heart, or balance. My wish is that they can find that at Sol Flow Yoga.

EDH Chamber: Tell me about yourself.

Tasha Karidis: I have been practicing yoga within this community for years and have a great group of yogis to call friends. My children both attend Ms. Lisa's Montessori in the same center as Sol Flow Yoga. I have become friends with many of the local small businesses in our community. I support local businesses by shopping and paying for services within El Dorado County.

EDH Chamber: What separates Sol Flow Yoga Studios from other yoga studios in the area?

Tasha Karidis: We offer a unique space with state of art equipment, and infrared heat which is not common in most studios. The infrared heat has unparalleled benefits above forced heat studios. The heat in our studio is heated with intention, significantly cooler than the HOT yoga studios. The benefits of infrared heat: relieves migraine headaches, eases joint pain and stiffness, relaxes muscles and increases flexibility, deep cleanses skin naturally, removes toxins and mineral waste, and improves the immune system. We also offer a space which is inviting, comfortable, and without judgment. I know there are still a lot of people who are intimidated by yoga, my greatest wish would be to take that intimidation out of it. Yoga is a gift for every body and everyone. Yoga is an inner practice that spreads through one person's practice to another. Yoga can be a dedicated practice on your mat and working on asana's (poses), or it can be as simple as sitting in meditation and being mindful. Yoga truly is about the journey, not a destination. This is a practice that will forever evolve and is always in motion.

EDH Chamber: Why did you want to join the El Dorado Hills Chamber?

Tasha Karidis: I joined the El Dorado Hills Chamber because I wanted to reach out to other neighboring communities and open my doors to them. We have an amazing space that should be shared with all. I have visited and attended many Chamber events since we have moved here. My boys visit Santa at the California Welcome Center – El Dorado Hills every year, and our dentist is even in El Dorado Hills! We spend a lot of time in El Dorado Hills whether visiting friends, eating out at local restaurants, playing in the parks or visiting Santa. I felt that El Dorado Hills Chamber would reach a wider market of people within the community of Cameron Park and outside. We are much closer to El Dorado Hills than people may think. It is a gorgeous drive up the hills and for many it will only take 10 minutes. We are directly off HWY 50 at the Cambridge exit (the first exit in Cameron Park).

EDH Chamber: Is there anything else you would like to include in the story?

Tasha Karidis: My greatest wish is for everyone to feel good in their bodies, and to feel and spread kindness on a daily practice. This is what yoga is about, being mindful and in turn connecting with people around us on a deeper level. We are all connected on and off our mats. In reality, we all want the same things – to be happy and content in our bodies and in our minds.