

## Meet yoga teacher Tom Larkin

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He's one of the nicest people we know in Green Hills

Sitting barefoot in a dimly lighted room with incense reminiscent of a Buddhist temple hanging lightly on the air, Tom Larkin took a rare moment to relax.

Larkin, half of the husband-and-wife team that owns Sanctuary for Yoga in Green Hills, was nominated as this week's Nicest Person.

The couple opened the studio 21/2 years ago.

"I run the day-to-day activities," Larkin said, "but 90 percent of all decisions are made in conjunction with each other."

Larkin worked in a variety of jobs, including a three-year stint at the Trane factory in Clarksville, before opening the yoga studio, but his love of teaching drew him to the venture.

"I really love seeing people grow, and in turn, that makes me grow," Larkin said, "because if they're growing, and I'm not growing, they're going to be teaching."

### **Larkin teaches five days a week**

He leads classes through downward facing dog and warrior poses four to five hours a day,



five days a week, and still finds time to practice yoga on his own for an hour a day.

"You do get fatigued," he said. "You do repetitive things because a lot of times the things you end up demonstrating are the easy poses that don't require as much warm-up."

"I know my body well enough to know where I can sneak a little bit. There's still the ability to have a major injury. A good teacher can you help you pay attention to where your own limit is."

### **He works 16 hours a day**

Larkin leads workshops outside the studio and runs a business

independent of the space on Hillsboro Pike.

His day begins at 5 a.m., and he is often at the studio by 6.

"I pretty much work 16 hours a day," he said, "but I'll talk about the fact that I took a nap this afternoon."

He loves the teaching, the people and the yoga, but the real challenges have come with being a small-business owner.

"I think the harder challenge is the actual business. It truly is one of the things that people don't realize," he said. "You are owner and employee, usually right off the bat."

### **Getting there:**

Sanctuary for Yoga is at 3902 Hillsboro Road. Call 297-8797 or visit [sanctuaryforyoga.com](http://sanctuaryforyoga.com) for more information on classes.

### **From the nominating letter:**

"I would like to nominate Tom Larkin for 'Nicest person.' He owns the Sanctuary for Yoga in Green Hills, and is a super nice guy and a fabulous yoga teacher. He always makes my day and really has a fabulous teaching technique and a way with people. The sanctuary is a great place and has magnificent karma."

– Emme Templeton