

Dori Madsen Hays

January 1, 1963 ~ January 1, 2023

Dori had such passion for life, took great care of her body and shared her knowledge and herself with others without reservation. I will always remember her with excitement in her eyes, a big smile on her face and endless energy. She was a fighter throughout her life and she had many trials to endure, yet she chose to resonate in peace and happiness no matter what came her way. I truly admire her courage, strength and resiliency. She will be missed.

- Barb Stuart

I was so sorry I could not attend or get the zoom link to work, but I wanted to express my love for Dori and my sympathy to her loved ones and family. Dori was a gift in my life when I truly needed her. I had begun my yoga journey a couple of years prior to meeting Dori and have to admit I pre-judged her before I met her. She was this body builder with a big reputation and I was sure I did not want to take a yoga class from her. I was just sure she was not for me. As it turns out I spent about a year with Dori doing yoga at 5:30 am on Monday and Wednesdays most of the time it was just she and I. It was such a gift to spend that time with her. I never once said "I am sorry you are here at this hour just for me." but I think she sensed that I felt bad. There were multiple times she said to me "Don't you ever feel bad for me being here with you because I get to Practice yoga with you, not just teach it." We had wonderful discussions about family, and life, and struggle, and I grew to love her and will always be so grateful for her unselfish sharing of her talents and her beautiful spirit. We honored her at the yoga class I taught this week with an empty mat and some candles and the thought that she frequently put out there "What if just for today..." Rest in peace Dori, namaste.

- Nicole Moretti