



Natalie Dent

Blue Mat Yoga Director, Community Liaison

Looking at the willowy director of Bluepoint Hospitality Group's Blue Mat Yoga, Natalie Dent, one can quickly observe that yoga is not only her routine ritual, but also, it's her emotional disposition, an all-encompassing way of life. Dent began her yoga training in Asheville, North Carolina with Stephanie Keach, and continued on under such luminaries as Seane Corne, Kathryn Budig, Sharon Gannon, and Shiva Rea. As the daughter of a neurosurgeon, Dent grew up steeped in a culture of clinical medicine, and when she took up yoga – already well versed in matters of anatomy and kinesiology, as well as a multitude of complicating factors such as inflammation – she approached it with a decidedly rational and scientific frame of mind.

With her captivating command of the studio, and her graceful ability to manipulate her supple physique, one would never guess the amount of hardware Natalie Dent has in her back. In fact, it was a teenage ski accident, and an early mis-diagnosis of injuries followed by years of back pain – endured through an active modeling career for clients like Abercrombie & Fitch – that ultimately led her to yoga. This life-changing encounter came after emergency surgery and eighteen months recovering in a body cast, during which the New York City native was managing to earn one college major in Social Sciences and another in Pre-Med. Her remarkable recovery impelled her to deepen her learning and understanding of the ancient practice of yoga, and to bring the benefits of a strengthened core, endurance, and flexibility to clients of her own.

At Blue Mat Yoga on Federal Street, Dent continually hones her diagnostic skill and is an inveterate researcher when it comes to yogic treatment. "I'm like an ER yogi, with Western and Eastern medicine fused together in my brain," she muses. "My approach is much more pragmatic than spiritual or mystical." She helps her clients with everything from pre-natal care to weight loss to osteoporosis. "They come to me with an issue, just as I had, and together we can fix it. It's very rewarding emotionally, as well as physically," she says.

In the studio, Dent choreographs a strenuous vinyasa class for a devoted following, in addition to working regularly with private clients. The studio, a serenely lovely atmosphere with the understated elegance of an aristocratic Swedish villa, is the first establishment of the Bluepoint Hospitality Group that emerged along the revitalized block in downtown Easton, Maryland. Paul Prager, the group's principal, had been looking for someone to introduce him to yoga while in residence at his Talbot County farm, when he met Dent, an engaging fellow New Yorker with family ties to the Eastern Shore. There was an instant connection, she says, and while he did not last long as a yoga practitioner, his wife did. At his persistent urging, Dent finally agreed to transition from freelance instructor to director of her own studio, overseeing a close-knit team of



colleagues. She was given her choice of the properties along Federal Street that Prager would eventually restore and develop. Designer Shaun Jackson, she says, captured her personality perfectly: "If you were to turn me in to a location, this would be me!"

Dent is the proud mother of two children: a young daughter and son. She also enjoys the role of Community Liaison for Bluepoint Hospitality Group, serving as an important ear-to-the-ground advisor for the company's philanthropic program that enhances the community in innumerable ways. Helping individuals within the studio, and entire populations beyond, Dent is in her ideal element. A giving person by nature, it's all in a day's work.

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