

Faces Of New Bedford #122: Tara Winterhalter

Meet Tara Winterhalter, 31-year-old Leader Master Trainer of Buti Yoga and Owner of Ritual Sweat Society.



Tara began dancing competitively at the age of 4 and continued throughout her childhood and teenage years. After completing her degree in Fashion Merchandising at Johnson and Wales, she opened a dancing studio, Motion the Dance, in Dartmouth.

After a few years of running the business, she decided to incorporate barre fitness classes into her dance studio, giving the mothers of dance students something to do while their children were in classes. She decided to move to Nashville, Tennessee and sold her business to apprentice, where she got barre fitness certified.

Her yoga instructor in Nashville told her to look into Buti Yoga, because it incorporated dancing, yoga, and fitness, all things Tara loved. She began teaching it and was scouted by the creator of Buti Yoga to work at their Arizona headquarters, where she became Lead Master Trainer. After some time in Arizona, Tara felt the longing to move back to her home, so she relocated back to New England.

Soon after moving back, she began teaching Buti Yoga classes,

which drove her to open Ritual Sweat Society. They offer a wide variety of yoga, Buti yoga, and fitness classes while offering meal planning and programs for their members. She hoped to have 50 members before the end of 2017 and is ecstatic to have beaten that goal three-fold. Her hope is to help create a healthier community with the services she provides.

Faces of New Bedford is a project by Colton Simmons. If you are interested in booking a shoot or getting prints from the series email all inquiries to colton@coltonsimmons.com.

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