

I decided to try yoga to increase my flexibility and to counter the effects of running and other cardiovascular exercises. At the inception of my practice there was a deep and immediate connection with the practice of yoga, both physically and spiritually. I believe that it is the connection of movement and breath that makes yoga so powerful and transcends it from being purely a physical workout (though the benefits on the outer body cannot be disputed) to one that effortlessly changes how we see ourselves and the world. Overwhelmed with the desire to share this amazing gift with others, my path led me to begin teacher training with Shiva Rea. Vinyasa yoga speaks directly to my soul and is the most effective way for me to marry my breath to my movement and connect mind, body, and spirit. I will finish training with Shiva in 2009 and look forward to sharing this life changing practice with those who I encounter along the way. Om Shanti.