



Heidi Marin, RYT 200 & Anusara Inspired Yoga Teacher, is the strongest girl in the world. She hails from the cold country of North Dakota and has landed in Pueblo, Colorado. She drinks her lemonade right from the jug, and like a rolling stone, Heidi gathers no moss. Heidi loves kale, being barefoot, acting goofy with

her kids, golf, music and Dr. Seuss. When she is not practicing yoga, Heidi is a Hospice nurse and aspires to be a compassionate friend to all.