

EMILIE RYT 200, Gong Therapy certified
Yoga Teacher

Yoga:

- Practicing since 2006

Ayurveda:

- 100 hour Lifestyle Counselor certificate with Arpita Shah

Gong Therapy:

- Completed training with Mehtab Benton in December 2018

Particular Interests: Yoga, mountain biking, hiking, trail running, dogs, cooking and travel.

Personal Quote: "The practice of yoga has taught me to recognize the ways in which we are all connected and to focus on that rather than how we are different from one another."

Quotes by Students: *"Emilie is a very knowledgeable and patient instructor. She made a challenging yoga class accessible and fun, even for a novice like me. I'd highly recommend her class!" ar*

Bet you didn't know: Emilie played roller derby from 2007-2011 (and, yes, yoga did help her recover from a few injuries!) She was following in the footsteps of her Grandma Rosie who played in the Twin Cities during WWII. Her younger sister plays for Northstar Roller Derby in Minneapolis

Bonus fact: Emilie is on the Board of Directors of The Southern Colorado Trail Builders and you can catch her volunteering to lead group trail runs, hikes and bike rides and helping to facilitate trail work days.

Marcee invited me to my first yoga class at FHYS in 2006. I have enjoyed taking a variety of classes at the studio, along with many great weekend workshops from visiting instructors, since then. Yoga has helped me to be a stronger athlete and a more balanced person in all ways. In June of 2017, I received my 100-Hour Ayurveda Lifestyle Counselor Training Certificate with Arpita Shah. I look forward to helping students have fun while gaining greater confidence, body awareness and motivation to challenge perceived limitations. In my experience, the greatest growth comes from treading the line of what is predictable and common and surrendering to the present moment (stepping outside of my comfort zone). You may find me galivanting in the Sangres or riding my mountain bike at Lake Pueblo Trails.