

ANNE

Yoga Teacher

Yoga: 16 years teaching experience

- 18 years of Anusara Yoga study

Particular Interests: Opening eyes to the feelings and benefits of proper alignment, enjoying time with family, outdoor sports, acroyoga and always learning.

Personal Quote: *“Yoga has opened up a whole new world to me, one that I believe I was looking for all along without even knowing what I was looking for.”*

Quotes by Students:

“Anne is able to tell me exactly what to do to properly align and then to go deeper into even my most challenging poses.” jp

“Time seems to fly when I’m in Anne’s classes because of her years of teaching and wonderful energy and sense of humor.” mf

Bet you didn’t know: Anne worked for the Peace Corps in Africa.

Bonus fact: Anne speaks English, Spanish and Portuguese and is learning Swedish.

I began taking classes in hatha yoga in 1998 with Nancy Foster Thousand, although my first attempts at yoga were in high school with one of Richard Hittleman’s books. I have bought a lot of yoga books between then and now, but finding Marcee and Anusara Yoga here in Pueblo opened up a whole new world to me, one that I believe I was looking for all along without even knowing what I was looking for. Once I discovered the heart opening aspect of Anusara Yoga under Marcee’s teaching, I embraced further Anusara study with John Friend, Jamie Allison, Desiree Rumbaugh, and Anthony Bogart. I continue to have deep respect for and confidence in Anusara Yoga, but am also deeply grateful and excited for having the opportunity to have studied with and learn from Rod Stryker (ParaYoga) since 2010. When I teach an Anusara-Inspired class, I believe I am strong on alignment with high energy, fast talking, and a strong sense of humor to guide me throughout the class.