

Dewi first experienced yoga in her early 20s through the gym's "Body Balance" classes that incorporated the principles of yoga and tai chi. However, it was during a trip to Hong Kong in 2015 while visiting her sister that she started her yoga journey. She found that keeping a regular practice left her feeling calm and at peace with herself, resulting in more joy and positivity in her days. Upon returning home to Pueblo, CO she searched for a yoga studio and that's how she became part of the Fountain of Health Yoga Studio.

Through regular practice Dewi found the hatha tantra classes to be most powerful as she felt its holistic impact on her physical, emotional and spiritual life in a positive way. With the pursuit of incorporating yoga in her daily life, in early 2016 she attended Marcee Gutman Ballantyne's workshop on Rod Stryker's "Fearlessly Pursuing Your Passion" that resulted in her making significant life changes that same year. This helped her in achieving the family life and work balance she has longed craved for, while eliminating any triggers of stress, anxiety and sleeplessness.

With the gracious support and teaching of her first yoga teacher Marcee, Dewi embarked on the studio's first certification on the 200-hour teacher training. While her main purpose was to personally deepen her practice, Dewi is finding that the training has been an amazing process and a wonderful gift that she intends to share it with those who want to learn and embrace it, making it part of their life. She has read that "equal parts of effort and calmness coupled with patience and persistence – these are parts of what brings about a sense of well-being and balance", and this best speaks to what the yoga teacher training is all about.

#### Ongoing Certifications and Workshops

- 200-hour Fountain Health of Yoga teacher training
- 200-RYT Yoga Alliance
- Functional Anatomy of Yoga by David Keil
- Fearlessly Pursuing Your Passion by Rod Stryker

