

## **Teacher Bio – Lisa Whittmore**

I began attending yoga classes at FHYS in 2013. 50 years of swim training and 10 years of cycling were beginning to take their toll on my body. I was looking for a way to maintain my range of motion, my flexibility and increase my core strength. On the advice of a friend, I tried yoga and was immediately hooked. What started out as a new form of exercise has turned into an eye-opening journey of self-exploration and change.

I have diplomas in Athletic Therapy and Massage Therapy. These have given me a good background in the physical and physiological aspects of asana but they didn't prepare me for the spiritual and mental nature of yoga. I really had no idea just how important yoga would become for me. Through the practices of asana, meditation, pranayama and yoga nidra I am achieving balance and harmony in my life. I am excited to continue with my exploration and education of yoga. There is so much more to learn and share with other students!