



Anne Henrikson

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.