



**Marcee Gutman-Ballantyne** RYT 500 is the owner and principle instructor of Fountain of Health Yoga Studio in Pueblo, CO. The studio opened its doors in 1996.

Marcee earned her first certification at the Shambhava School of Yoga in 1996 and began her Anusara certification process three years later. Marcee has logged more than 1,300 hours of study with John Friend, the founder of Anusara Yoga, receiving her certification in 2003.

In 2006 Marcee began her certification courses in Hatha Tantra through Para Yoga with Para

Yoga founder, Rod Stryker. She leads trainings based on the book by Rod Stryker, *The Four Desires*.

Marcee uses yoga to overcome multiple and serious health issues and to sustain her physical, mental, emotional and spiritual wellbeing. Her passionate yoga study and practice gives her unique qualities and motivations to inspire and guide students to more rewarding postures, deeper heart openings and deeper awareness of the inner body.

Marcee is the master at using a mixture of teaching techniques, including humor, to help students to discover the physical treasures of yoga to strengthen, balance and reduce pain, and to reveal how each student can learn to replace fear with courage, weakness with confidence and depression with joy.