

TERESA

Yoga Teacher

Yoga: 10 year of teaching experience

- 40 years of study and practice from New York to Pueblo

Particular Interests: painting, painting and more painting

Personal Quote: *“Yoga is like painting, you are placed in the moment which is where love and creating art exist. Yoga balances my life so I can create more.”*

Quotes by Students:

“Teresa’s classes are always well prepared, and her themes stay with me for days and often weeks.” ja

“Vito is an enthusiastic teacher who loves to share her knowledge of what she loves. She has a fun energy and leads a well-rounded class.” ah

Bet you didn’t know: Teresa is a renowned oil painter and has received the *Best of Show* award from the Artists of Colorado Exhibition held at the Colorado History Museum.

Bonus fact: You can put a license plate on your car that has Teresa’s painting of chili peppers!