

Helen Ralston, RYT200

Helen's background is in singing classical music and opera and she feels there are many parallels between yoga and singing, particularly in the use of the breath and breath control. She began a regular practice of yoga in 2014 at YogaOne. She completed her 200 hours of training at the YogaOne Teacher Training School and has been delighted to begin teaching the Chair Yoga classes at YogaOne. Helen has found practicing yoga to be very helpful in building strength and coordination after having had weight loss surgery and losing 100lbs. She has also found yoga to be very helpful in handling stress and is interested in bringing the gift of yoga to others, particularly the elderly and young people, who might not have the means or opportunity to experience yoga. She truly believes that yoga is for everyone and can benefit all body types regardless of fitness level, as well as bring a sense of inner peace, self-love and loving-kindness to others.