

HEIDI RYT 200

Yoga Teacher

Yoga: 8 years teaching experience

- 9 years of Anusara Yoga study
- Working toward 300 hour certification

Particular Interests: Teaching arm balances and helping students safely find and increase their own unique strengths.

Personal Quote: *"I'm the strongest girl in the world and drink lemonade from the jug."*

Quotes by Students: *"Heidi's classes are also so well planned that I keep notes about her sequences and detailed instructions." vr*

"Heidi is professional but very fun in class. She makes me feel like she's invited me over to her home for a yoga party." mj

Bet you didn't know: She has played many of the most beautiful and famous golf courses in the world and can quote from every Dr. Seuss book.

Bonus fact: Heidi is a Hospice nurse and aspires to be a compassionate friend to all.

Heidi Marin, RYT 200 & Anusara Inspired Yoga Teacher, is the strongest girl in the world. She hails from the cold country of North Dakota and has landed in Pueblo, Colorado. She drinks her lemonade right from the jug, and like a rolling stone, Heidi gathers no moss. Heidi loves kale, being barefoot, acting goofy with her kids, golf, music and Dr. Seuss. When she is not practicing yoga, Heidi is a Hospice nurse and aspires to be a compassionate friend to all.