

I am the "older" mother of one! I was introduced to the practice of yoga in 1997 with a weekly class at the local recreation center. It was a form of exercise that was accessible to me as a morbidly obese person. The fact that I could feel successful in the class had me hooked right away. After a few years of sporadic practice, I became a dedicated practitioner in 2002. In 2006, some of my teachers encouraged me to take a teacher training, and soon I was teaching after school classes at Lakehill Preparatory School, where I was a third-grade teacher, to both teachers and to children. A year later, I began a 200 hour training with Alpha Omega Yoga in Dallas with Sheri Cherokee and Rogelio Chapa. My love affair with teaching yoga turned into a career... In 2010, I left the classroom to pursue teaching yoga to adults, children and children with special needs and tutoring children with learning differences.

Yoga has changed my entire outlook on life. Not only did yoga help me be a better classroom teacher at the time, but a better colleague, partner, and person. I love sharing yoga with a variety of groups and individuals with honesty, humor and love. Today, the practice of yoga makes me a better mother to my son, who is my best teacher.

Gratefully,

-Heather