



Instructor Bios

Serena Crawford - When Serena was a child, her father introduced her to yoga and eastern philosophy. She has since become a seriously playful student of yoga in the Anusara style. She continues her study with certified Anusara teachers such as John Friend (founder of Anusara yoga), Sarah Faircloth, Rachael Goolsby, Sianna Sherman and Desiree Rumbaugh. Serena is currently working toward certification herself. She also studies Tantric philosophy with Dr. Douglas Brooks. Her classes are fun, challenging, and steeped in alignment. Serena teaches with the intention for every student to see the goodness within themselves and to simply share the gift of Anusara yoga with others.

Michael Denslow teaches and practices Ashtanga Yoga as taught by his Gurus, Sri K. Pattabhi Jois and Sharath Rangaswamy, in Mysore, India. Michael has also been strongly influenced by American Ashtanga Yoga teachers, including Annie Pace and Richard Freeman. He is committed to helping students of all levels achieve the strength, knowledge and discipline that will enable them to progress in the practice of yoga. Michael believes that consistent and regular practice is itself the best teacher. As such, he will give students the tools to develop a self-practice.

Valerie DiSciullo Midgett (ERYT) is a dancer, choreographer, and yoga teacher/practitioner. She is the owner of Neighborhood Yoga, and co-founder/ director of Neighborhood Yoga Teacher Training. With over 20 years experience in the moving arts, her work integrates the foundations of physiology with the psychophysical principles of yoga to create an eclectic style class; fusing dynamic flow sequences, deep stretches, physical and mental balance, and mindful awareness. Valerie views yoga as a form of self-transformation, and a process that involves confronting your limits and transcending them. Her formal education includes an MS in Exercise Physiology, an MFA in Dance, Yoga Certification from Integral Yoga in NYC, Pre/Postnatal Yoga and Thai Yoga Body Therapy. Valerie has been on the faculty at Lees McRae College, Caldwell Community College, UNC Greensboro, and Appalachian State University for the past 15 years teaching yoga, dance, anatomy and kinesiology.

Kelly Golden (ERYT) has been a student and practitioner of yoga for over a decade, and through the exploration of the physical and philosophical practices, yoga has touched every aspect of her life in a positive way. She infuses her teaching with the passion that she has for the practice of yoga, both on and off the mat. In asana practice, Kelly pays close attention to the work of the body (anatomy and physiology), as well as the more subtle work of the mind and spirit as embodied by the individual student. In her sharing of yoga, she strives to inspire in others the peace, well being, balance, harmony, and understanding that yoga has brought to her own life. Kelly is currently working toward her 500 hour Para Yoga teaching certification.

Haeyoung Grace Kandl is a healer, a yoga teacher and a seeker on the spiritual path. She has been meditating since 1978, and in 1981 started studying Iyengar yoga with John Shoemaker in Bethesda, Maryland. After 23 years of yoga practice, Grace completed a 250 hour Teacher Training from Lillah

Schwartz in Asheville, NC. Her focus is on alignment, knowledge and understanding of the human body. She holds two BS degrees, one in Nursing and one in Mathematics. Grace combines the principles of Yoga and Ayurveda, an ancient holistic medicine from India, along with her western nursing background to bring perfect health on the physical, mental, emotional and spiritual level.

Sara Rhineland fell in love with the culture in which yoga originated as a cultural anthropology major in college, and began exploring yoga and eastern philosophy in 1992. Upon graduating she moved to Virginia Beach, and started practicing Ashtanga yoga with Anne Richardson, who is a student of Beryl Bender Birch. Soon, she realized her calling was to teach others the yoga practice that had so enriched her life, and she delved into her studies with Adam Nguyen at the International Yoga Institute; first receiving her 200- RYT certification, and then her 500- RYT. She has been fortunate to have studied with Desiree Rumbaugh, Rolf Gates, Dharma Mitra, and Tao Porchon Lynch in the dynamic yoga community from which she came. In 2007 she moved back to Boone and recently opened Fusion yoga, a studio in Banner Elk.

Caroline Stahlschmidt has been practicing yoga for over seven years. Her desire to deepen her own practice brought her to the NYTT program in 2007. The experience proved to be life changing and yoga is now infused in every aspect of her life. In addition to practicing yoga, Caroline is an avid cyclist and runner. She thinks yoga provides tremendous benefits to endurance athletes and she loves helping athletes discover the transformational power of yoga. Her teaching style is a mix of flow and long holds to increase flexibility, build strength, and cultivate mindfulness. Caroline is most grateful that yoga helps her find balance in all aspects of her life.

Vicki Rodriguez's interest in Yoga was ignited when she moved to Alaska in 2003. She completed a 30hr teacher training course with her Anusara inspired and Yin Yoga influenced teacher and mentor. In 2006, Vicki obtained her 200hr certification at the Yandara Yoga Institute in Baja, Mexico. Vicki has now found her home in Boone where she is a student in the Mental Health Counseling Masters program at Appalachian State. Her studies include a concentration in Body-Centered Expressive Arts Therapy as she has discovered a passion for Gestalt Therapy, which emphasizes "authentic presence." After participating in several Vipassana Meditation courses, a trip to India, and a workshop with Sarah Powers, Vicki has re-discovered Yin Yoga. She believes Yin Yoga provides the opportunity to embrace the concept of "showing up" authentically and is a wonderful compliment as it brings mindfulness into any Hatha practice. She honors the practice by holding the space for her students to explore.

Corrie Williams - After receiving a masters in Biology, teaching Biology, Anatomy, Physiology and Environmental Science for 7 years, and completing a 240 hour Yoga Teacher Training from Valerie and Kelly at Neighborhood Yoga, I became a new mom. Having practiced yoga for 5 years prior to pregnancy, I wanted to include my son in my physical practice. The unique benefits and confidence that I am still receiving through my mom and baby yoga practice is worth sharing with our community of new mothers.

Joanne Williams - Because maintaining body/mind health was and is important to me, 33 years ago, I committed to yoga practice for life. This yoked together a pillar of consistency with flexibility training for change. Thirty years ago, I started teaching because I like sharing this yoga journey. Years of self-reflective attentiveness to the life force have awakened compassionate self-acceptance, witnessing subtle energy flows and this moment Presence. Practicing clears me to recognize and know "Oneness".

