

Noelle Austin says that yoga is her medicine, She believes that we create our own dis-ease or joy through repetitive actions and Yogasana's are a guideline for releasing tensions from the external to the internal, practice is the key. She began Yoga as a young girl learning mantras and philosophy from her father, Robin Austin, who instilled in her a desire to stay true to the light within her own heart. She graduated from Lillah Shwartz 200 hr training in 2011 and she is continuing her education with Lillah, working towards a 500 hr Yoga Therapist certification. Her classes focus on the Alignment principles of BKS Iyengar and Purna (complete) Yoga inspired by senior Iyengar Teacher, Adil Palkhivala, cultivating Joy in every moment.

Kathie Billing is 3 time cancer survivor, Registered Nurse, Registered yoga instructor, certified in cancer massage & pilates for breast cancer survivors, Founder of "Pink on the Move," aquatic arthritis instructor, and the founder of Soul Moving Yoga. She graduated with her 200 hour RYT from Neighborhood Yoga in 2008, and continues to study Yin Yoga and Anatomy with Paula and Suzee Grilley and Sarah Powers. In Kathie's class you will be invited to practice in a safe space both physically and emotionally. Kathie believes in honoring where each student is in his or her practice, providing mindful modifications and healing yoga instruction. Learn more about Kathie at <http://www.soulmovingyoga.com>.

Todd Bush is a certified meditation teacher, authorized to initiate others into Kriya Yoga as taught by Paramahansa Yogananda (author of Autobiography of a Yogi) by Roy Eugene Davis (Center for Spiritual Awareness) and has been a meditator since 1970. He holds certification as a yoga instructor, issued through a B.K.S. Iyengar based course by: Aradhana Kaushal B.Ed, M.Ed. He began yoga study as a child and currently practices in the asana style of Sivananda Yoga Vedanta that he learned in India in 2009. He also teaches photography and Tai Chi. Explore about meditation and yoga at his website: www.meditateom.com

Lindsay Carroll (CYT 500 and Certified Laughter Leader) has been teaching in various places throughout the High Country for the past several years. She has had formal training in Vinyasa, Hatha, Raja, and Laughter Yoga. Much of her asana teaching experience stems from her 200 hour training at Neighborhood Yoga and her 500 hour training in Rishikesh, India where she studied intensively at the Rishikesh Yog Peeth Ashram. Her typical class is a flow-style asana class which begins with a short discussion/intention based upon yoga philosophy or yogic living. By setting intentions and discussing the ideas presented in yoga philosophy, Lindsay hopes that that students will have something to carry with them off the mat and into daily life. Lindsay is a firm believer in the immense power of yoga to heal, guide, pacify, and shine light on the true Self. She hopes you'll join her for class!

Serena Crawford has been teaching yoga for 9 years and has been a devoted practitioner for over a decade. Drawn to the art and science of this powerful practice, she sees each day an opportunity to dive deep and fly high. Serena held Anusara Inspired Certification for 5 years. Grateful for all she has received through the teachings of many great beings, she bows in deepest

gratitude to her primary teacher, her son Austin. Fortunate to call the Appalachian Mountains of NC her home, Serena is nourished daily by natural beauty. She draws inspiration from her yoga community and her family, and is committed to a life of learning and celebration. Serena delights in all types of travel, exploration and adventure. Especially those of the mind, heart, and body.

Sara Drummond's interest in yoga began in 1999. At that time, it was the physical exertion that allowed her to calm her overactive mind. After having her daughters in 2002 and 2004, she experienced debilitating postpartum depression, and yoga became her greatest healing tool. It was the practice of asana, pranayama, and meditation that helped her through the toughest of times. Through this experience, she learned just how transformative and empowering yoga can be. Inspired to share this practice with others, she completed a 200 hour training with Neighborhood Yoga in 2013 and 300 hour training with Vira Bhava in 2015.

Sherri Fedele has been practicing Yoga for 46 years and is registered with Yoga Alliance (E-RYT 500). She was first introduced to the Sivananda style of Yoga in 1968; in 1973 she began practicing Iyengar Yoga. Sherri met Swami Muktananda in 1975, in Gainesville, Florida, and began a study of Siddha Yoga. Subsequently, Sherri traveled to Ganeshpuri, India, in 1977, where she lived and practiced for 6 months. Over time, both continued exposure to and practice of various Yoga styles have resulted in an eclectic approach to teaching. Sherri continues to grow and refine her teaching, having recently completed the 300-hour Vira Bhava Yoga Teacher Training with Kelly Golden. Sherri has taught Yoga to children, and to adults of all ages and abilities, at beginning and intermediate levels. Postural alignment and modifications are suggested throughout the class. Yoga is vast. Regardless of the form you choose, a consistent Yoga practice grows an increased awareness of all facets of experience. Sherri would love to share Yoga with you.

Angie Forest gently guides students through asana practice using heart centered and alignment based Slow Flow. She incorporates longer holds in some postures serving to facilitate increased flexibility and strength. Attention is also given to the subtle energetic body using the Breath, Mind, Body Connection which allows students to cultivate an inner body awareness that inspires being present in the moment. Angie's teaching style is intuitive and aims to nourish the hidden strengths of her students while encouraging them to expand beyond perceived limitations. Angie began her own yogic journey in 1997, and after moving to North Carolina from the Pacific Northwest. In 2014, she completed her 200 hour teacher training program at Neighborhood Yoga Studio in Boone NC.

Chris Howell (E-RYT) has been a yoga practitioner for over 15 years and an instructor for the last 8 years. She is a Licensed Professional Counselor, creator and owner of Integrative Yoga Counseling, a private practice integrating yoga into counseling sessions. Chris believes yoga is the most powerful tool to connect the mind, body and spirit for lasting transformation. Chris has lived and studied at Kripalu Yoga Center in MA, taught yoga for teens at Omega Institute NY,

taught yoga to substance groups, adolescent group homes, and studied at Nosara Yoga Institute, Costa Rica. Chris received her 230 hr teaching certification through Neighborhood Yoga, and is currently working toward her 500 hr. certification through Asheville Yoga Center. Her style is an eclectic blend of Vinyasa flow; focusing strongly on alignment principles, combined with fluid sequencing and an essential focus on breath and mindful awareness based in Kripalu style. For more info: www.integrativeyogacounseling.com

Dr. Stuart Kaplan has been teaching and practicing yoga and meditation for forty years. He was certified by Swami SatChidAnanda in 1975 and has taught Integral yoga in many states and countries. He has studied Tantra Yoga with Yogi Bhajan and was invited to be a resident teacher/practitioner at the Himalayan Institute by Swami Rama. He received Kriya initiation by Roy Eugene Davis in 1978 and has been consistent with that practice since that time. He has studied with many other teachers, known and unknown. Dr Kaplan has been practicing chiropractic in North Carolina for thirty five years. His web site is ModernAmericanMystic.Com.

Larisa Kenney has been teaching yoga since 2011, and graduated from NYTT in May 2013. She is in her second year of the school counseling master's program at ASU and is working towards her certificate in expressive arts therapy. She is grateful for the opportunity to grow her teaching at Neighborhood Yoga.

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 25 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 20 years teaching yoga, dance, anatomy and kinesiology.

Vicki Peltz experiences Yoga as a light to the way in moments of doubt. Paradoxically, in its constant journey of twists and turns, physically and spiritually, it is the practice itself that can trigger the doubt. She believes that Yoga gives us a supportive system in which to explore life's opportunities. She is interested in moving the muscles in a way that finds their capacity for deep strength. By inviting a receptive attitude, listening to the body and surrendering to sensation, we can allow for length and space within the joint system as well. By bringing equilibrium to the body and mind, we bring forth vitality. Her intention for students is to learn to soften within the struggle. By gently encouraging honesty, inquiry, and integrity, we can cultivate meeting the practice with acceptance and faith.

Lauren Rinehardt began practicing yoga after getting a DUI in the beginning of 2011. Through her practice, she was able to connect to her body in a loving way for the first time in her life. In April of 2014, she became a 200 Hour certified Power Yoga teacher under Diane Cevallos and Tony Hill at Charlotte Family Yoga Center. In March 2015, she was able to travel the country, you can check out her adventures at www.ouramazingroadtrip.com.

Sejal Shah has been on the path of yoga and meditation for about 20 years with a dream of world peace and well-being. Having a strong foundation for understanding health, in terms of mind-body-soul state with her training in Homoeopathy, Yoga and Ayurveda, she teaches people of all walks of life about healthy living, how to effectively manage their mind and emotions, eliminate stress, live in harmony amid diversity and bring greater peace and joy into their lives. She is the Founder of Wellness and Life Style Excellence Center and a member of Yoga Academic Council at Sri Sri University, India. She writes regularly on yoga and healthy living in various print and digital media. Currently she serves at the Art of Living Retreat Center, Boone, NC, USA where she teaches the Happiness Program and Art of Living Yoga classes and workshops. She has about 7000 hours of experience in teaching yoga. Her gentle, loving, and authentic approach brings profoundness in her teaching.

Crystal Simmons (CYT 200) teaches hatha yoga. While she appreciates all lineages of this age-old living tradition, you'll likely experience her class as a mixture of alignment, vinyasa and yin. With her hat hung on the eight-fold path of yoga, Crystal usually suggests a theme for class that students can use as a foundation upon which to frame the physical work. In this way, her hope is that students transfer the work on the mat into their relationships with themselves and others. "My hope for students of my class is that they allow themselves the freedom to practice yoga in a way that speaks directly to their being, in that moment, without judgment or criticism and full of loving-kindness. I see yoga as the mind, body and spirit's medicine," says Crystal.

Courtney Baines Smith has been sharing her yoga practice with the Watauga County community since graduating from NY teacher training in 2010. When she's not teaching yoga, she can be found playing with her toddler Aiden or picking veggies for her school garden support project called Lettuce Learn. Her passion for gardening, sustainability, music, and mindfulness are evident in her nature-inspired, upbeat, and often funky yoga classes.

Caroline Stahlschmidt has been an athlete her whole life and in her early 20's she started to explore yoga as part of her training plan. Slowly, her practice deepened as she experienced the physical, mental, emotional and spiritual benefits of yoga. In 2008, Caroline completed her 200-hour Teacher Training through Neighborhood Yoga with Valerie Midgett and Kelly Golden. Since that training, she has also studied with Sarah Faircloth, Rod Stryker, Shala Worsley, Michael Johnson and Sage Rountree. Caroline teaches a slow vinyasa class, inviting in the mental and physical release that comes when you flow with your

breath but moving slow enough that you have time to move in and out of the postures with proper alignment. As an athlete, Caroline knows what it feels like to have a tighter body or sore muscles and she is always mindful of this in her teaching. Caroline infuses all of her classes with a healthy dose of inspiration and motivation. Her goal is to help students tune in to their own inner wisdom and realize their full potential on and off the mat.

Emily Yuratovac teaches Flow classes with an emphasis on self-care. She has been practicing yoga since 2006 and received her 200 Hour Teacher Training Certificate through Core Power Yoga in Honolulu, HI in 2012. Her classes strive to help students build strength, flexibility, and balance, while relieving the tension that we all store in our bodies. She is also an instructor of whitewater kayaking and stand up paddleboarding, teaching seasonal stand up paddleboard Yoga classes. Whether outside or in the studio, through her classes she hopes to help people focus on healthful being in mind, body, and spirit.