



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 X Factor, a contemporary dance company based in Boone, North Carolina. 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, 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.

Stuart Kaplan began his yoga study over 30 years ago while at a launch control facility for nuclear missiles. He has since been certified by Swami Sat Chid Ananda to teach Integral Yoga. He has also studied with Swami Rama, Swami Bua, Hilda Charlton, Yogi Bhajan and many others. He brings his experience as a practicing chiropractor and lifelong yoga student to his students.

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.

Kristen Kissik has been dancing for many moons. She performed and choreographed for several companies in the Boston/Cambridge area from 1989-2004. Her training includes Isadora Duncan dance, classical Indian dance, Afro-Haitian, Cuban and Brazilian dance. She has over 15 years experience teaching children of all ages throughout Cambridge and Boston. Since moving to the Boone area, she choreographs and performs with The Elkland Arts Center and teaches creative movement at The Playhouse, Mary's School, Mountain Pathways, Neighborhood Yoga, and dance technique at Lees McRae College.

Lia Pardy has been studying yoga since 1989. Following her initial teacher training at Sivananda, in her hometown of New York, she completed advanced teacher training with David Swenson. She has studied with many gifted teachers including Swami Asokananda, Doug Swenson, Paul Grilley, Duncan Wong, Kam Thye Chow. In 2007 she realized her dream to study with Sri K. Pattabhi Jois in Mysore, India. Lia recently finished advanced studies in Thai Yoga Massage at the Lek Chia School of Nerve Touch in Chiang Mai, Thailand. She is a licensed massage therapist, leads workshops in Thai Massage, and continues to teach yoga as she has done for over 12 years.

Rebecca Quin has an extensive background in Pilates, Dance, and Expressive Arts Therapy. She holds a Masters degree in Community Counseling with an emphasis in Expressive Arts Therapy. She began studying Pilates in 1998 with certified instructor Marianne Adams. She completed a 700-hour apprenticeship through the Pilates Studio in New York City to receive certification in the Authentic Pilates Method. She has studied with master teachers Romana Kyryzanowska, Brett Howard, Ton Voogt, and Michael Fritzke in NYC. She has taught classes for the cast of 42nd Street in New York City, Appalachian State University, Crossroads Counseling Center, Rippling Waters Yoga Center, Linville Ridge, Batchelor Chiropractic, Wellspring Chiropractic, and Platinum Pilates of Virginia Beach. Rebecca is a co-founder and co-director of the Pilates Teacher Training Program at Appalachian State University, where she currently teaches in the Department of Theatre and Dance.

Sky Van Horn International Yoga Teacher, Sky Van Horn, has been devoted to the yogic path for seven years. He masterfully blends his experience in Yoga, Martial Arts, Massage and Life into an empowering and transformational style of yoga. He continues his ongoing studies with world masters to provide the most evolved teachings, bringing transformation to people in all walks of life. In addition to being a certified yoga instructor with over 500 hours of yoga teacher training, Sky is a nationally and state licensed Massage Therapist, Life Transformational Guide and Coach, and a Martial Artist. He is currently trained by Baron Baptiste in the Baptiste Power Vinyasa Yoga style and is excited to bring this life transforming system to the bodies, minds, emotions and souls of his students. Sky is devoted to his Dharmic path as a teacher and healer, continually training with the best teachers to bring the best representation and components of these sacred life teachings. He successfully applies these teachings to his own life in order to help his students in their quest to transform and create the life each needs and wants.