

# YOGA Gallery

MICHELLE WARNER HANSEN

I have long believed in the interconnectedness of body, mind and spirit. In 1999, I turned to yoga to help with the wear and tear of teaching aerobics for several hours a week. Not only did it help my physical body, but I fell in love with the stillness and inner peace I felt. Ever since that first class, I have been on an incredible journey to help others heal and find balance in this fast-paced world. I enjoy learning and am forever a student. I am a licensed massage therapist, 200-HR. yoga instructor, MELT Method instructor and certified health coach. I enjoy working with older adults, individuals seeking balance in their life, students new to yoga, and people rehabbing from an injury or illness.

