

# YOGA Gallery

MEGAN MICHAEL

Megan aims to be an approachable teacher, welcoming to all students having her students leave yoga refreshed & renewed. Her classes hold a playful & curious spirit for students to explore & quiet their mind. "My classes are built for you, the student, to interpret for how it applies to your body. You are in charge and I am there to guide." Finding depth with your breath and educating students on the details of breathing is a key component to her classes.

Megan's classes are shaped by her 28 years of Hatha, Iyengar & Anusara yoga classes followed by becoming a 200 Hour Registered Yoga Teacher. Yoga instructors she is inspired by include Desiree Rumbaugh, Christina Sell and Max Strom. Presently she is working toward training as *Breathe to Heal Facilitator* with Max Strom.

When not doing yoga, Megan is a tiny human tamer, also known as a preschool teacher.

"When the mind is still, the heart - our emotional center - is unencumbered, we feel joy, contentment and peace." - Max Strom

