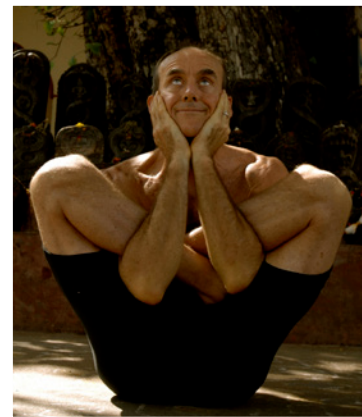


David Swenson

AUSTIN. YOGA TEACHER.

“A Yogi is one who leaves a place a little nicer than when they arrived.” This simple statement sums up everything that I wish for others and strive to achieve personally. We may each ask ourselves this simple question as the New Year begins: “Is the world a better place by our presence in it?” May we all strive to become a yogi!

ASHTANGA.NET



Sianna Sherman

SAN FRANCISCO. YOGA TEACHER.

I serve as a vessel of love, practicing yoga so I can see myself fully and truly, and see myself in each one of you. We are meant to collaborate and awaken alongside each other in a wide horizontal embrace. Our wounded places are our magic places, where all transformation begins. Together we walk side by side on this beautiful planet—with love leading the way.

OPENTOGRACE.COM



Deborah Burkman

SAN FRANCISCO. YOGA TEACHER.

Every time I re-read the Yoga Sutras, I'm in awe of how something so old is still relevant and helpful in everyday life. I feel passionate about not only teaching asana but sharing the philosophical underpinnings of the physical practice of yoga. I want to continue to give my students a context for asana, and therefore give them some of the tools that may enable them to lead more skillful lives.

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