

*After studying and practicing Iyengar Yoga for ten years, Wendy started teaching yoga in Carbondale in 2002. She has taught at Aspen Health and Harmony, True Nature, Kula Yoga, Colorado Mountain College, the Carbondale Recreation Center, and River Valley Ranch. She is returning to teaching yoga after stepping away from studios for seven years to focus on her own practice and other modalities including somatic psychology and ayurveda. She has had the honor of studying with a wide variety of expert teachers including; John Schumaker, Barbara Benaugh, Rod Stryker, Ramanad Patel, Nova Loverro, and Jaime Allison. Wendy focuses her classes on therapeutic alignment and subtle action with the intention of developing a sense of deep listening to self. Classes are playful, safe, and educational. Wendy always encourages students to deeply attune to and honor their physical, emotional, and mental states as they are in the moment— as every day we are different. Yoga has been a path of great healing and support in her own life, and she loves to share its gems with others.*

**Education:**

**Master’s Degree Curriculum and Instruction with an Emphasis in ELL (2001) University of Colorado at Denver**

**Elementary Education Certification (2001) UCD**

**B. A. in Sociology (1998) Fort Lewis College, Durango, Co**

**Hakomi Comprehensive Training Completion (2019) Hakomi Institute, Boulder Colorado**

**Advanced Hakomi Training Completion (2022) Hakomi Institute, Boulder Colorado**

**Ayurveda Yoga Specialist (2021), Kathryn Templeton Himalayan Institute (online)**

**Aerial Yoga Teacher Certification (2022) Banff Yoga Practice**

