

Bonnie is a Certified Yoga Therapist and health educator specializing in the therapeutic use of yoga for people with medical and/or physical challenges. She is a graduate of yoga teacher programs at the Yoga Institute of Houston, and Yoga Yoga in Austin, TX. She is certified as a Pilates Mat Instructor. Bonnie has graduated from advanced yoga teacher programs at Ananda Seva Mission's Yoga Therapy Training in northern California, and at Duke University School of Integrative Medicine in Durham, North Carolina, Yoga Therapy Intensive, *Teaching Yoga to Seniors*. She has been practicing yoga for more than 14 years, and it is her passion.



Bonnie's yoga education is ongoing and includes workshops and trainings with Nischala Joy Devi, Gary Kraftsow, Judith Lasater, Richard Miller, Donna Farhi, Rodney Yee, John Friend, and Dr. Sarasvati Burhman, who is an Ayurvedic Practitioner and Classical Yoga Therapist.

Bonnie has years of experience teaching over 2,000 hours of yoga classes. She believes Yoga is for everyone and is able to adapt the practice to meet the needs of the individual. Bonnie integrates practical strategies for adapting yoga practice to older bodies, minds and spirits. She currently teaches a variety of styles of yoga, including, Gentle Hatha, Hatha Flow, Restorative Yoga and Yoga Nidra. Bonnie has a particular interest in private yoga therapy, where the intention is to help the individual learn to manage their situation more effectively and increase their overall sense of well-being.

Her approach is gentle, warm and friendly. Postures are approached with purpose and Bonnie leads her students to pay close attention to the physical and mental experience of yoga. Her classes are helpful for students who are just beginning to practice yoga, or long-time practitioners looking to deepen their experience of yoga.

Classes are designed to move the joints of the body through a full range of motion, move the spine in all directions, learn some basic postures to increase strength and flexibility; and learn how to create balance and relaxation of the mind, body and spirit.

Bonnie is registered with Yoga Alliance, E-RYT500; and is a member of International Association of Yoga Therapists.

Student comments:

- Bonnie is a wonderful yoga instructor! She is challenging, but makes the class fun & enjoyable.
- Bonnie's classes are well balanced with strength moves, stretches and meditation. She is helpful and attentive with each student. I leave her class feeling energized with life and peaceful at heart.
- After class, several students gathered and talked about Bonnie. We all appreciate how she explains things, bringing them to our consciousness and empowering us to maximize the experience.
- Bonnie gives so much to all of us. She must have a fortune in the karma bank.
- Bonnie teaches in a calm, insightful manner, making class time relaxing yet invigorating and a learning experience.