

Lynn Gordon

Registered Yoga Instructor

Education:

Temple University, Philadelphia, Pa
BA, School of Communications and Theater

Experience:

- Comprehensive 200- hour yoga training through Rizzieri Institute of the Healing Arts
- Registered & Certified through the Yoga Alliance
- Level I Reiki Practitioner

Hobbies and Interests:

- Family... No one makes me laugh harder; feel more comforted or keeps me on my toes like my three kids, two dogs and husband, David..
- Deepening my practice and my understanding of Hatha Yoga is an open ended process.
- Continuing yogic education through workshops, certification programs and self education allow me to diversify my teaching and offer my students new ways to apply and practice yoga.
- My goal as a yoga teacher is to present this 3000 year-old science in an inviting, fun and uncomplicated way – allowing my students to grow in their individual practice, at their own pace.
- Writing children's picture books is a joy – being published would be...PRICELESS!

Quotes and Thoughts:

- Words are powerful, and therefore sometimes, we should just listen and remain quiet. I call it exercising common sense.

