

Linda Hacker RYT

I began to practice yoga in 2004, simply looking for a workout to help maintain my physical health and found much more than I was looking for.

I began to see subtle changes in all areas of my life, physically, mentally, and emotionally.

After an intense two years of practice, I decided it was time for me to learn how to share the many gifts of yoga.

I completed my first 200 hour teacher training in 2006 and my second 500 hour training this year 2009.

Studying Asana (physical posture) with one of long islands yoga pioneers Marianne Mitsinikos and yoga philosophy with Mokshapriya Shakti who has dedicated her life to yoga, I have received a thorough understanding of hatha yoga and a loving approach to teaching.

Yoga and meditation introduce us to our true nature.

It teaches us to release struggle and personal suffering and replace it with peace, contentment and total well being.

We discover our breath on an inward journey to self healing, restoration and balance.

I continue each day to live, learn and teach in the present moment.

Yoga Yoga Yoga

Join our class
Beginning January 9th 2010
Saturday's -11-am till 12-:30pm

Come experience the joy of Yoga
Learn to relax, reduce stress, increase focus
and
so much more

All you need is a mat, small blanket
and an open mind

Please try not to eat 2 hours prior to class and
wear comfortable clothing

Om Shanti Shanti Shanti