

Urszula B.



Urszula Bunting is a registered yoga teacher, Board Certified Health and Wellness Coach, and author of *Finding Your Yoga: Essential Guide to a Healthy Lifestyle with Yoga and Ayurveda*. Yoga is Urszula's "go to" tool to bring balance and harmony into her life and the lives of the people around her. As a teacher and as a practitioner, she incorporates principals of yoga philosophy, variety of postures, breathing awareness, and the wisdom of Ayurveda (5,000 year old healing system and a way of life originating from India). She inspires people to take charge of their health and transform life challenges into opportunities to grow.

Gwyn C.



Gwyn Cody has been teaching yoga for 20 years. She holds three teaching certificates and is registered with Yoga Alliance at the 500-hour level. Gwyn finds classical yoga poses grounded in alignment and awareness to be the most beneficial. Her teaching is clear, systematic and artfully sequenced, guiding student's bodies safely into deeper experiences. Gwyn is also skillful at offering students individualized adjustments and modification as needed. Besides teaching, Gwyn remains an enthusiastic student of yoga, studying on her own with advance teachers.

Katharine K.



Katharine Kaufman teaches yoga, meditation, poetry and contemplative movement arts in Boulder County and at Shambhala Mountain Center and is an adjunct professor at Naropa University. She studied in India and taught for many years at the Yoga Workshop and Studio Be in Boulder. She holds MFA degrees in Choreography/ Performance and Writing/Poetics. Katharine is ordained in the Soto Zen lineage

Diana S.



Diana Shellenberger has practiced yoga for 20 years, and has been teaching since 2011. While the postures and movements in yoga are excellent in themselves, Diana's teaching focuses on how yoga is a metaphor for the development of strength and resilience in all areas of life. Diana loves to assist students in discovering that growth and change is a lifelong and positive process

Shar L.



Shar found yoga at age 16 and less than one year later, she began teaching. Since then, she has taught yoga throughout the United States, South America, Europe, and Asia. In 1980, Shar was certified through the first yoga teacher training in Colorado. She owned Boulder Yoga Institute and The Yoga Center of Longmont where she served as vice-president for six years and president for four years. Shar studied with teachers throughout India, Nepal, and Tibet. The remote swamis and advanced yogis who shared their knowledge gave her a profound passion for, and knowledge of yoga. A strong dedication to help humanity brought Shar to the Luck Now Hospital in Uttar Pradesh, India, where she studied yoga therapy. There, she adapted the traditional yogic systems, which were developed by and for men, to the unique needs of women. In addition to practicing Yoga for 51 years and teaching for 50, Shar has worked with clients through yoga therapy, pulse reading, and kinesiology for the past 25 years. She continues to offer hatha yoga, yoga therapy, structural yoga, prenatal and postnatal yoga in addition to asana and anatomy classes and seminars throughout the United States.

Josine M.



Josine has been studying yoga since 1998 and received her 200 hour certification in 1999. She being studying with Richard Freeman and Mary Taylor at The Yoga Workshop and completed her training in 2001. She studied under Aadil Palkhivala in the Iyengar tradition from 2002-2006k completing hr 3 Beginning TT. She went on to open her own studio in 2001 in downtown Longmont where she taught classes a week for 9 years. Josine's return to Iyengar is under the guidance of Cathy Wright. She teachers with humor and care using breath and alignment principles to guide the student in their practice.