



soundyogastudio

To put it plain and simple, Colleen is AWESOME! As an athlete in my former life and avid exerciser for the last 25 years, I've battled numerous overuse injuries. At first, I was quite hesitant to attempt Yoga, because of my body's limitations. However, I heard about Colleen and decided to leap in and give Yoga a chance. I hit a GEM!! She tailored each movement to flow with the biomechanics of my body and not the other way around. Her 20+ years of experience graciously pours through her instruction, so much so, I got the maximum benefit from each posture, but in the context of complete safety. Colleen's calming and nurturing tone of voice brings an incredible healing energy into the room that any existence of stress will ooze from your body. You get the feeling she truly cares about your entire experience from your first hello to the last goodbye. Even at times when I felt like a stiff board or a twisted pretzel, Colleen's kind, funny, enthusiastic and witty personality got me laughing when I least expect it. Then, just when you think the class is over, she uses sound therapy, with authentic Tibetan bowls, to bring a higher level of relaxation. It is amazing!!! It isn't just another yoga class. It is an experience. I always walk away transformed physically and mentally. In my eyes, she is the best and I'm 100% positive you will agree after one of her classes.

*Susan Ackerman, MPH
Exercise Physiologist*