

## *Denise Megill*

Denise's yoga journey began 17 years ago with back issues. A friend suggested she see a chiropractor who also taught yoga classes in his back office. She started practicing hatha yoga on and off for years. Her daughter came home with books on teaching yoga, and a spark was lit!

In December, 2016 Denise received her 200 Hour Certification in teaching Gentle Yoga, and immediately began teaching yoga at the office she had been working at for 20 years. As of 2019, Denise has received both her 200 Hour and 300 Hour Certifications in the Anatomy of Ashtanga Yoga Teacher Trainings, and currently teaches Gentle Yoga at Sun Dog Yoga.