

## Dawn Greenly

Dawn's life has taken her down many paths. She holds a Bachelors degree in Psychology and a Masters degree in Neuropsychology. Seeking a more complete understanding of the body, mind, and spirit than her traditional education only touched upon, she began studying Ashtanga yoga. It was during this time that the partnership between the body, mind, and spirit really clicked for her.

Realizing what a profound difference this understanding had made in her life, she decided to share her love and understanding of yoga with others.

Dawn has been teaching yoga for over 3 years now, and is a Registered Yoga Teacher (RYT ) with the Yoga Alliance. She completed teacher's training programs with Shari Simon, David Swenson, Beryl Bender Birch, and levels 1 & 2 Radiant Child™ Yoga teacher's program in addition to attending numerous specialized workshops.

Dawn also holds her teaching certification in both mat Pilates and IM=X Pilates Reformers. She has found that yoga and Pilates both offer a complete conditioning system for the body, mind, and soul.

Dawn enjoys teaching a variety of yoga classes. As a proud wife and mother, she especially enjoys her kids' yoga classes. Dawn brings a very playful yet educational attitude to all of her classes, always looking to lighten the heart and heal the soul.

"I am honored and blessed to share something with others that which makes my heart sing."