

## Lisa Mannheim

Lisa's interest in yoga accelerated into a passion 14 years ago after her second son was born. It provided the balance for juggling children, graduate school, teaching, painting, as well as maintaining meaningful relationships with family, friends and the community. She began with Bikram Yoga, but having a curious nature, Lisa started attending as many yoga conferences and workshops as possible to experience a wide variety of teachers and schools of yoga. Some of her most inspiring teachers are David Swenson, Sharon Gannon, Eric Schiffman, Jack Kornfield, Baron Baptiste, Naschalla Joy Devi and Steven Cope and Donna Farhi.

Lisa has completed teacher trainings with Shari Simon: Anatomy of Yoga Teacher Certification, David Swenson: Ashtanga, Valerie Kit Love: Anatomy of Yoga: Biomechanics of Movement Certification and Donna Farhi: Advanced Teacher Training Certification. She is grateful for all these teachings.

As well as hatha yoga, Lisa is very interested in meditation, and the history, philosophy and symbology of yoga.

Drawing from an array of yogic traditions, Lisa tailors each class to the level and needs of her students. The breath-work and postures will vary, but the focus remains constant: awaken to the present and find joy in the practice.

Lisa has taught at Yogaphoria, CBYMCA, CB School District, Germantown Academy, Horizon Dance Studio, Doylestown Recreation Department, BCCC and the American Embassy in Tokyo.

Lisa recently returned from living in Japan and divides her time between teaching yoga and making art.