

Michael Lear

For over 19 years Michael has explored mind body medicine and somatics. As a longtime Trager® Movement Educator, Ashtanga yoga practitioner and Vipassana meditator in the tradition of Sayagi U Ba Khin, he has rehabilitated many childhood injuries and survived many personal adult traumas. Michael feels the most significant things he's learned along the way are the value of self inquiry, the importance of daily practice and the development of equanimity.

Michael's teaching style is simple, traditional and asks each student to extend compassion to themselves and to maintain a healthy curiosity of self-potential, on and off the mat. His goal is to support his students in developing trust in their own practice as a source of personal insight and growth.

As an expression of gratitude to all of his teachers... Dr. Milton Trager, S.N. Goenka, and his assistant teachers and Ashtanga yoga's foremost teachers, including Sri K. Pattabhi Jois, Manju Jois, Prem Carlisi, David Swenson, Nancy Gilgoff, Tim Miller, Chuck Miller and Maty Ezraty, Michael maintains his practices in good faith and teaches when it feels most appropriate. (please note: Michael is not a teacher of Vipassana Meditation).

Michael founded Easton Yoga in 2001, and maintains a 500 hr. Yoga Alliance RYT certification. He recently completed his pilot program to introduce The Trager Approach into the rehabilitation community in Sri Lanka. To facilitate further growth of this vision for related volunteer activities abroad, Michael has founded Bodyworkers Without Borders. For further information on this budding organization, visit www.bodyworkerswithoutborders.com.