

### **Teri Ernst, Yoga Teacher**

Over twenty seven years ago Teri joined a handful of curious women in a cramped room in the basement of the neighborhood church to attend her first yoga class; a very new age concept in her hometown at the time.

Teri continued her yoga practice sporadically throughout the years until she ruptured her Achilles tendon. The repair surgery and rehabilitation severely limited her ability to be active. It was during this time that she rediscovered yoga. The grounding breath work and the flowing movements, although significantly modified at the start, provided Teri with the physical activity that she needed and the nourishment that she didn't even realize was missing from her soul. Yoga, literally, changed her life.

Teri brings her rehabilitation experience with her to my mat each and every day. By embracing modifications for her own injury, Teri is keenly aware that each one of us brings different needs, abilities, and emotions to our practice. It is Teri's hope that she can share the life-changing benefits that yoga has to offer each and every one of us both on and off the mat.

Teri is RYT200 in Integrative Yoga Therapy with experience in teaching Yoga, Gentle Yoga, and Yin Yoga in fitness club classrooms and individual sessions.

In her spare time, she enjoys inventing, writing, antiquing, reading on the beach, and visiting her adult children in Minneapolis and Phoenix.

Favorite yoga quote: "Yoga is not about self-improvement, it's about self-acceptance."