

Instructor Bios



Kathie Billings is 3 time cancer survivor, Registered Nurse, Registered yoga instructor, certified in cancer massage & pilates for breast cancer survivors, Founder of "Pink on the Move," aquatic arthritis instructor, and the founder of Soul Moving Yoga. She graduated with her 200 hour RYT from Neighborhood Yoga in 2008, and continues to study Yin Yoga and Anatomy with Paula and Suzee Grilley and Sarah Powers. In Kathie's class you will be invited to practice in a safe space both physically and emotionally. Kathie believes in honoring where each student is in his or her practice, providing mindful modifications and healing yoga instruction. Learn more about Kathie@<<http://www.soulmovingyoga.com>>

Max Boutelle is a Licensed Massage Therapist and is certified in Personal Training, Group Fitness, Pilates and The Nia Technique. She has been involved in the health and wellness industry since 1985, and subscribes to the "whole Body" approach to health and fitness. For more info, visit www.MAXWORX.org

Serena Crawford - Serena Crawford is an Anusara-Inspired Yoga teacher. In her early childhood, Serena was introduced to yoga, meditation, and eastern philosophy by her father. She has been teaching yoga for 6 years and has been a devoted practitioner of yoga for close to a decade. Drawn to the art and science of this powerful practice, Serena sees every day as an opportunity to celebrate life and create more beauty. She draws inspiration from her yoga community and the natural beauty of the North Carolina mountains. She is passionate about music, books, movies, food, travel, and endless forms of love. Serena bows in deepest gratitude to her teachers: John Friend, Douglas Brooks, Sarah Faircloth, Rachael Crawford-Goolsby and the extraordinary Desiree Rumbaugh. Serena delights in exploring and sharing the exquisite gift of yoga to any open heart.

Caleb Crowell graduated from the Asheville Yoga Center 230hr program taught by Stephanie Keach and Shala Worsley where his study focused on vinyasa flow yoga, with classes in Kundalini, Yin, Anusara, Iyengar, Ashtanga and others. Caleb teaches a flow class with attention toward breath, mental and physical focus, building purifying heat, self awareness, and movement exploration. The class changes and grows from week to week always using the vehicle of the sun salutation and breath. Count on moving.

Michael Denslow teaches and practices Ashtanga Yoga as taught by his Gurus, Sri K. Pattabhi Jois and Sharath Rangeswamy, in Mysore, India. Michael has also been strongly influenced by American Ashtanga Yoga teachers, including Annie Pace and Richard Freeman. He is committed to helping students of all levels achieve the strength, knowledge and discipline that will enable them to progress in the practice of yoga. Michael believes that consistent and regular practice is itself the best teacher. As such, he will give students the tools to develop a self-practice.

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Valerie DiSciullo Midgett (ERYT) is a dancer, choreographer, and yoga teacher/practitioner. She is the owner of Neighborhood Yoga, and co-founder/ director of Neighborhood Yoga Teacher Training. With over 25 years experience in the moving arts, her work integrates the foundations of physiology with the psychophysical principles of yoga to create an eclectic style class; fusing dynamic flow sequences, deep stretches, physical and mental balance, and mindful awareness. Valerie views yoga as a form of self-transformation, and a process that involves confronting your limits and transcending them. Her formal education includes an MS in Exercise Physiology, an MFA in Dance, Yoga Certification from Integral Yoga in NYC, Pre/Postnatal Yoga and Thai Yoga Body Therapy. Valerie has been on the faculty at Lees McRae College, Caldwell Community College, UNC Greensboro, and Appalachian State University for the past 20 years teaching yoga, dance, anatomy and kinesiology.

Kelly Golden (ERYT) has been a student and practitioner of yoga for over a decade, and through the exploration of the physical and philosophical practices, yoga has touched every aspect of her life in a positive way. She infuses her teaching with the passion that she has for the practice of yoga, both on and off the mat. In asana practice, Kelly pays close attention to the work of the body (anatomy and physiology), as well as the more subtle work of the mind and spirit as embodied by the individual student. In her sharing of yoga, she strives to inspire in others the peace, well being, balance, harmony, and understanding that yoga has brought to her own life. Kelly is currently working toward her 500 hour teaching certification with Yogarupa Rod Stryer in the [ParaYoga](#) style. She is assistant editor for www.yogabasics.com, co-facilitator of a Teacher Training program in Boone NC and directs a Teacher Training Program at Glowing Body in Knoxville, TN.

Haeyoung Grace Kandl is a healer, a yoga teacher and a seeker on the spiritual path. She has been meditating since 1978, and in 1981 started studying Iyengar yoga with John Shoemaker in Bethesda, Maryland. After 23 years of yoga practice, Grace completed a 250 hour Teacher Training from Lillah Schwartz in Asheville, NC. Her focus is on alignment, knowledge and understanding of the human body. She holds two BS degrees, one in Nursing and one in Mathematics. Grace combines the principles of Yoga and Ayurveda, an ancient holistic medicine from India, along with her western nursing background to bring perfect health on the physical, mental, emotional and spiritual level.

Elisabeth McCachren - Lis fell in love with the practice and study of Yoga upon moving to Boone, NC in 2005. She sees Yoga as a thread that weaves all aspects of her life together. Lis received her 200-hour teacher training from Neighborhood Yoga in 2008. As a teacher, she encourages students to find personal meaning in the vast teachings of yoga, to make the practice their own. Lis' life is motivated by sincerity, nature, creativity and a hope for all to embrace their full potential. She feels sharing Yoga is her life's work, and is inspired to take the practice out of the studio to those that may not usually seek out classes. She is a Co-Krew Chief of Neighborhood Karma Krew, helping facilitate seva opportunities that build and support community. Lis also loves being in the woods, traveling, music, cooking. She is now taking steps towards Anusara Inspired teaching status.

Caroline Sanders is comprehensively certified in "Authentic Pilates" by the 600+ hour teacher training program at Appalachian State. Her classical training entails extensive knowledge of the Pilates method on the mat and equipment as closely as it was first prescribed by the creator Joseph Pilates. Caroline first sought movement therapies to heal her own health, and has reduced pain and stress as well as learned patience and balance through daily practice and intimate work with others. She hopes as a teacher to help others realize their strength and ability to continually grow and flow.

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Akal Dev Sharonne began practicing hatha yoga in 1971. A year later, she stumbled unexpectedly into a kundalini yoga class. Her life hasn't been the same since. Thirty years of teaching have only deepened her passion for sharing this practice of spiritual awakening with others, and for teaching students how to bring yoga practice into every breath we breathe. Her classes integrate asana with pranayama, mantra meditation, chanting, and the energetics of chakra balancing, allowing the tremendous potential of the kundalini energy to awaken our true spiritual essence.

Caroline Stahlschmidt has been practicing yoga for over seven years. Her desire to deepen her own practice brought her to the NYTT program in 2007. The experience proved to be life changing and yoga is now infused in every aspect of her life. In addition to practicing yoga, Caroline is an avid cyclist and runner. She thinks yoga provides tremendous benefits to endurance athletes and she loves helping athletes discover the transformational power of yoga. Her teaching style is a mix of flow and long holds to increase flexibility, build strength, and cultivate mindfulness. Caroline is most grateful that yoga helps her find balance in all aspects of her life.

Rene Reynolds received her 200-hour teacher training from NYTT in 2008. Her studio training includes Anusara, Vinyasa, Hatha and Kundalini yoga from such teachers as Desiree Rumbaugh, Paul Sobin, Shiva Rhea, and Ann Roberts (Amrit Kmur). In addition to yoga, Rene's career spans over three decades in the art of physical movement. A Bachelor of Fine Arts degree majoring in performance and choreography, licensed and Nationally Certified Massage Therapist (NCBTMB), and a fifteen-year certified Shiatsu practitioner, her exploration of body movement is culminated in her teaching and her practice. Rene brings a viewpoint to her yoga teaching that sparks an inner fire to inspire passion in other people's hearts. Thus, shifting dynamics to help enhance clarity while honoring the sacredness of each individual, and creating a supportive atmosphere where everyone feels welcomed to learn the gifts of yoga. She is the proprietor of The Healing Blanket, an integrated approach to health and well-being.

Holly Whitesides stepped on the path of yoga over 10 years ago as a way to relax her body and ease her mind. Shortly, she discovered the ability of yoga to open her heart and root her more firmly in the present moment. Her classes explore asana through topics relevant to the lives of modern-day yogis, and her flow sequences incorporate pranayama and principles of energetics as a means to illustrate the themes of the classes. Holly graduated from the Neighborhood Yoga Teacher Training Program in May 2008. She has studied many styles of yoga including Anusara, Tantra, Vinyasa, Karma and Iyengar with teachers including Rod Stryker, Judith Lasater, Shiva Rea and Richard Freeman. Holly is co-krew chief of Neighborhood Karma Krew, a non-profit organization that explores the practice of yoga in the context of service to others. Find out more at www.karmakrew.org.