

Featured Teacher: Courtney Sauls



Hometown: *Houston, Texas.*

What brought you to Los Angeles? *I moved to Los Angeles from New York to pursue acting 8 years ago this month!*

My favorite thing about LA is.. *This little place called Yoga Blend. Ever heard of it? It has the best people and I always leave feeling wonderful. It literally changed my life.*

Most memorable thing I did in the last 12 months: *I went to the Sundance Film Festival this year to support a film I was in! It was the first time I've ever seen myself on the big screen! It was AWESOME!*

Favorite food: *Cheese! I've been experimenting with veganism for a few weeks and the hardest thing for me to resist is cheese. It's SO good! Why is it SO good?!?! Ack!*

My 'signature dish' when guests come over is: *My kale salad! Kale massaged in olive oil and lemon with avocado, cashews, almonds, cranberries, shaved Parmesan (yum!)*

and red onion dressed with balsamic vinaigrette So simple but so delish!

If you could go back in time, what would you say to your 20-year-old self? *Be patient. Enjoy every moment of this journey. I spent so much of my twenties disappointed in myself, frustrated that I wasn't where I thought I should be in life. What a waste of youthful energy! Ha!*

Weird quirk, if any: *I'm a little OCD so I keep a small towel in the bathroom to wipe the sink after I use it. Every time. I also can't go to sleep if the pillows on the couch aren't placed exactly right. I also make my bed everyday. No matter what. Even if I'm running late. I make Jeff do these things as well. Poor guy! I guess there are worse things.*

I rock out to: *The Yeah Yeah Yeahs! Yeah!*

In the year ahead, I'm looking forward to... *Whatever life has to offer! I have a feeling it's good stuff!*

Courtney teaches **Basics** on Tuesdays at 10am; **Heated Flow + Vinyasa Flow** on Wednesdays, and **Mixed Level** on Fridays at 12pm.
Also, join her Susan Quon for **FREE Intro to Yoga** on Saturday, August 23rd 2014, 1:30pm to 3pm.

