

Featured Teacher: Courtney Sauls



In the next 6 months, I am most looking forward to...

My 30th birthday! I made it! Grateful!

Tell us about your pet: *Miles Malcolm Mandela. He's an all black power cat although he acts more like Miss America. He lives with his father in Houston now though since he's reached adolescence. You know how it is.*

If I had to eat only 1 thing for the rest of my life, it would be... *Trail mix. I have a problem.*

Do you have any nicknames? *Coco Chanel. It was my rap name. Seriously.*

How did you find yoga? *I found yoga as an elective in college. Yay for yoga!*

My favorite thing about yoga is... *it helps me. It really, really helps me. I don't know what I'd do without it.*

Who/what are the greatest influence(s) in your life? *My Mom. She's my best friend. I'm her greatest fan and she's mine. We've lived many lives together. This i know is true.*

What's the last song/album you purchased? *Santigold. Master of my make-believe. So good.*

Favorite tunes to practice to: *Nina Simone, Air, MGMT, Kanye, Radiohead, Flying Lotus, Coldplay, Femi Kuti, Florence, Santigold, The Roots, Mumford and Sons, The Beatles, Erykah Badu, The Knife, J Dilla, Ratatat and the list goes on. I love making playlists that reflect my mood and the mood of the class.*

3 things your students may not know about you:

1. I graduated from NYU with a BFA in acting
2. I'm a Leo! (ok, well on second thought they probably do know that cause... well, I'm a Leo!)
3. I collect elephants (mainly because of my obsession with Ganesh but i love them anyway)
4. (for good measure) I love to dance!

FREE CLASS COUPON
with Featured Teacher: **Courtney Sauls**

[Read the full interview with Courtney here.](#)
Get to know the teachers at Yoga Blend, and enjoy a free class!

Courtney's Scheduled Class:
Thursday 6:30am-7:30am: \$5 Flow



OFFER DETAILS: Valid for use once per student, on any one class offered by Featured Teacher, if you have not taken her class in the last 6 months. Coupon valid until July 31, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.