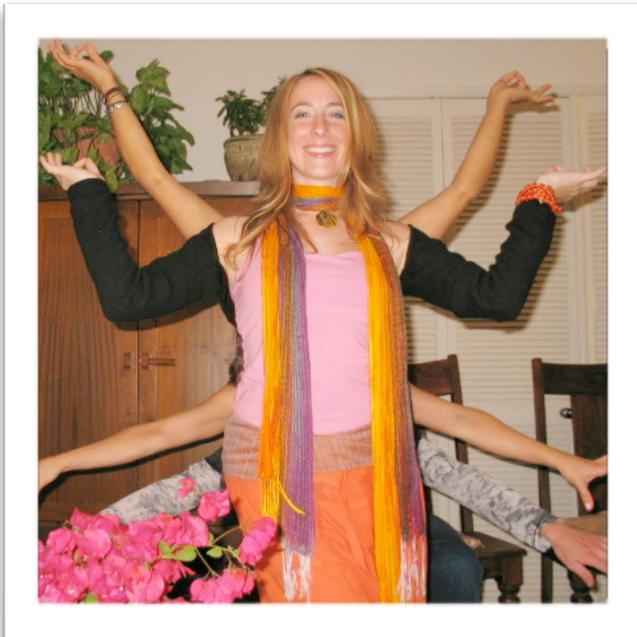


# Featured Teacher: Heather Hudson



**When I'm not doing yoga, I can be found...** Working as an Actress/VoiceArtist, Painting, Enjoying Nature, Hanging with my family, my fiance and friends.

**The last movie I saw was...** Ted.

**My favorite movie is...** I have many. One of them: Amelie

**My favorite TV show is...** Right now I am liking Big Bang Theory, Mad Men, Breaking Bad and Tosh.O

**What inspires you?** Nature. Whenever I need a little inspiration, I like to get into nature.

**Who/what are the greatest influence(s) in your life?** Mr. Allen, he was my honors history teacher in high school. He opened my eyes to a whole new world. He introduced me to Buddha, Hinduism, Great Artists, Philosophers and Poets. He changed my life.

**My favorite quote of all time is...** I have many to share, one of them is: "Do or do not. There is no try." - Yoda

**Favorite tunes to practice to:** I don't have a song, but some of my "go-to" artists for yoga are Deuter, Glen Valez, Alexi Murdoch, Kaya Project, Beats Antique, B-Tribe, MC Yogi, Zakir Hussain, 9 Lazy 9, Lisbeth Scott, Donna De Lory and Xumantra.

**What's the last song/album you purchased?** I just purchased the new MC Yogi tracks.

**My favorite thing about yoga is...** It's practical, I take my yoga with me wherever I go!

**3 things your students may not know about you:**

1. I got over my fear of heights when I climbed and slept in a great redwood tree that was over 150ft in height.
2. I can't wait to have my own treehouse: kinda like a mini Ewok village.
3. Recently, I produced a collection of inspiring meditation tracks titled: The Serenity Toolbox: Practical Guidance for Positive Thinking.

**Do you have a favorite recipe to share?** My-on-the-go meal is: Almond Milk, Maca-flavored Green SuperFood with a little bit of protein mix and frozen berries. Mix it up in a blender and go! Quick easy and packed with goodness!

**What are your hobbies?** I am also an artist. I mainly paint with acrylic or oils, I also enjoy working with clay and writing poetry.

**I think my greatest strength is...** The ability to see the bright side of even the darkest moments.

**My favorite indulgence is...** Dark Chocolate, anything with dark chocolate. MMMMmmm

**Any weird habits/quirks to share?** One?! hahhaah!

## FREE CLASS COUPON

with Featured Teacher: **Heather Hudson**

[Read the full interview with Heather here.](#)

Get to know the teachers at Yoga Blend, and enjoy a free class!

### Heather's Scheduled Classes:

Tue 7:35pm-9:00pm: Vinyasa Basics  
Thu 6:25pm-7:25pm: Yoga & Meditation  
Thu 7:35pm-9:00pm: Vinyasa All Levels  
Sat 2:15pm-3:30pm: Vinyasa Basics  
Sun 9:30am-11:00am: Vinyasa Basics



**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 Aug 31, 2012. Not valid for workshops or special events. Please mention 'Featured Teacher Promotion' when signing in to enjoy this offer.



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