

Featured Teacher: Stephanie Witherspoon



When I'm not doing yoga, I can be found...

Painting, hiking, cooking, gardening, and traveling as often as possible! I love spending time in nature and going on adventures.

Three things your students may not know about you:

- 1. Every summer for the last 8 years, my friends and I go cliff diving in Corona del Mar. It's one of my favorite adventures each year.*
- 2. I lived in London for six months during college. It was one of the most influential experiences of my life.*
- 3. I've been reading tarot cards since I was 17. My favorite decks are the Robin Wood Tarot and the Motherpeace Tarot.*

The last movie I saw was... *The Hobbit! I'm a huge Tolkien nerd. I even have my initial tattooed in Elvish on my ankle.*

How did you find yoga?

I was hanging out with a friend I'd just met. She was planning on going to a yoga class that night and asked if I wanted to go too. I was living in Orange County at the time, so driving back home during rush hour didn't sound all that appealing. I decided to give it a try. She failed to mention that it was actually Christy Marsden's mixed level class, which at the time was more of an intermediate class. I'd never even done a downward dog. Christy was incredibly patient with me, and I left the class noticing that the chronic pain in my shoulder wasn't bothering me, and that I could breathe deeper than I'd ever experienced. I was hooked.

My greatest life-changing experience so far is... *Burning Man. I've gone to 5 Burns since 2007, and every single one has changed the course of my life for the better.*

If I could pick a super power, it would be... *healing people. The sort of magical healing powers you see in fantasy stories where you wrap the person in light and they suddenly are back to perfect health. I love making people feel better, however I can.*

My favorite TV show is/are...

Toss-up between Battlestar Galactica and True Blood. I also love Game of Thrones, Deadwood, Walking Dead, Downtown Abbey, and have recently discovered Doctor Who. TV really has become better than movies!

I think my greatest strength(s) is/are... *my courage, my creativity, and my open heart.*



Join Stephanie every **Tuesday at 8:15am for Chair Yoga**, a gentle practice perfect for students who have difficulty practicing on the mat. Seniors, those with injuries, or other physical limitations can still enjoy all the benefits of a physical yoga practice. Great as pre-natal yoga!