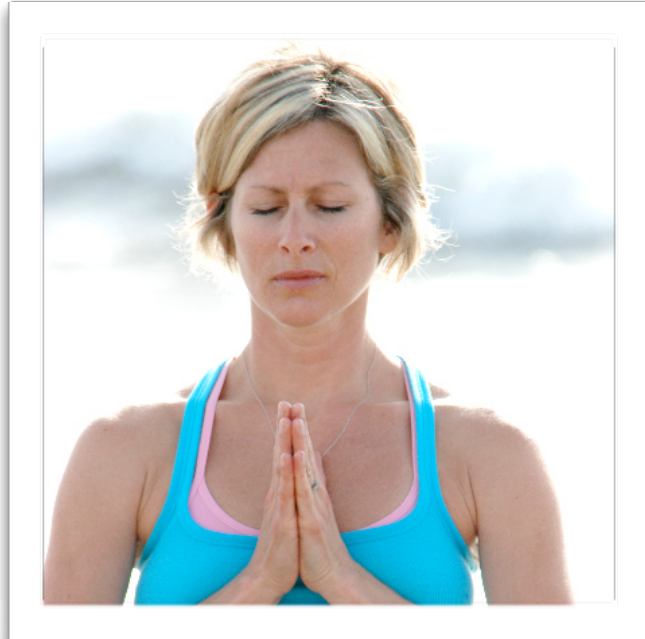


# Featured Teacher:

## Tracy Sosa



**I found yoga...** *when I was in the middle of a grueling national teacher certification program. It was absolutely essential in keeping me balanced.*

**When I'm not doing yoga, I can be found...** *being a fifth grade teacher!*

**One thing my students my not know about me is...** *that I write original songs with my husband, Sid, in our band 'Skinny Cowboy'.*

**The last movie I saw was...** *The Hunger Games. So awesome!*

**My favorite indulgence is...** *chocolate crepes and large hunks of cheese.*

**I really like...** *watching The New Girl every week with my two sons, Emerson and Coen. We laugh really hard.*

**In the next 6 to 12 months, I am most looking forward to...** *filming a yoga video for elementary school teachers to use with their students.*

**I prepare for class by...** *visualizing how I want my students to feel when they leave: calm, relaxed, happy.*

**In my opinion, the greatest misconception about yoga teachers...** *is that we're perfect. So many of the themes that I teach come from an obstacle that I am currently trying to overcome.*

**One of the definitive features of my class is...** *Accessibility. I really try to create a basics class in which all beginners can feel comfortable.*

### **Who Inspires you?**

*Thich Nhat Hanh and Sally Kempton inspire me with their joy and their meditation insight. Christy Marsden inspires me daily to work all the tools that yoga has to offer. I am so grateful to be a teacher at Yoga Blend!*

### **FREE CLASS COUPON**

with Featured Teacher: **Tracy Sosa**

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

**Tracy's Scheduled Class:**  
Wed 4pm-5pm: Basics



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