

Featured Teacher: Vicki Howie

December 2012



When I'm not doing yoga, I can be found... *doing life coaching, creating music with my partner, Jeff, or laughing with my son, Dylan.*

3 things your students may not know about you:

- 1) I (kind of) speak French.
- 2) I used to be a professional stand up comedian.
- 3) I've been a surrogate mother – twice.

Yoga has really helped me... *Heal my scoliosis and let go of a lot of behaviors that weren't serving me.*

My favorite quote of all time is... *It's too hard to pick just one, but I definitely love almost everything Maude says in "Harold & Maude."*

If you could share yoga with anyone, living or dead, who would that be?
Sting.

My all time favorite book is... *Again, it's so challenging to pick just one, but I really am in love with a book about enlightened divorce, written by my dear friend, Farhana Dhalla. It's called, "Thank You For Leaving Me." It's a beautiful example of turning a major challenge into an incredible gift.*

When I was little, I thought I would grow up to be... *the owner of an international advertising agency (really).*

My favorite person is... *This one would be a tie between the two men in my life – my loving partner, Jeff, and my amazing son, Dylan.*

My favorite thing about yoga is... *how it makes spirituality physical.*

In the next 6 – 12 months, I am most looking forward to... *becoming a Master Practitioner of NLP (Neuro-Linguistic Programming), creating more chakra products for my website chakraboosters.com, and seeing my son graduate from high school.*

My favorite indulgence is... *Really, really, REALLY hot baths.*

If I had to eat only 1 thing for the rest of my life, it would be... *A shame – I love all food!*

What is the most definitive feature of your classes? *They go deep.*

How would you describe yourself in 3 words? *Innovative, passionate, visionary.*

If I could go anywhere in the world, I would... *Visit Australia. The Australians I've met online seem so cool, and there's just so much beautiful space there. Plus, I've always wanted to see Uluru*

If I could pick a super power, it would be... *Flying (of course). That would be indescribably cool.*

One of my favorite memories is... *A series of memories of Sedona – at Airport Vortex, Cathedral Rock, Oak Creek. I visit Sedona several times a year, because I have an ongoing love affair with her.*

What was your favorite vacation/trip ever? *My dear friend, Kelli and I treated ourselves to a backpacking trip through Europe right after we graduated from High School – France, England, Ireland, Austria, Germany, Monaco, Italy, Spain. It was the time of our lives!!*

FREE CLASS COUPON

with Featured Teacher: Vicki Howie

[Read the full interview with Vicki here](#)

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Vicki's Scheduled Classes:

Tue 12:30pm-1:30pm: Power Hour
Fri 8:15am-9:15am: Gentle Back Care
Fri 9:30am-11:00am: Basics Plus



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



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