

Bryan Flanders

Bryan is a registered 200 HR yoga instructor. He turned to yoga after a cancer scare, wanting to be healthier, and found a level of health never before known or expected. Bryan's three favorite things about teaching include being able to facilitate healing, bringing balance to one's life, and seeing his students achieve their goals.

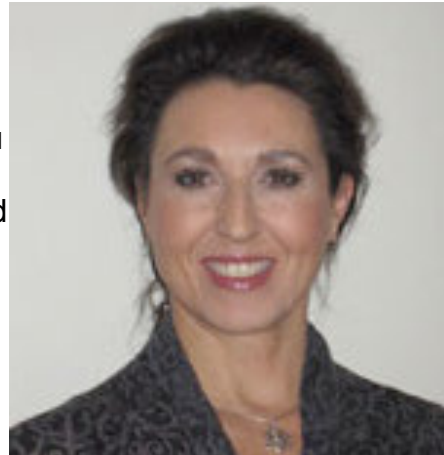
Bryan enjoys staying active through wakeboarding, hiking, motor cross, and has recently taken up Triathlons. Yoga has enhanced these activities by giving him increased balance, breathe, strength and flexibility,

which he strives to pass along to his students. Bryan is foremost a student of yoga and brings what he learns into his class. Students can expect a playful practice with fun music, education on anatomy and proper alignment, class themes with takeaway thoughts and challenges, and a mix of different yoga styles.



Claudette Halverson

Claudette has been teaching yoga for WSU at the Ogden campus and Davis campus since 2005. She has her 200 Registered Yoga Teacher (RYT), 500 RYT, and 1,000 RYT. When you attend her classes she wants you to feel strong, capable and successful. It is also her hope that those who attend will feel the peace, love, and light that is shining within them.



Micah Scholes

Micah helps people use breath and posture to find out who they really are and what makes them truly happy.

He has been a student and teacher of yoga for most of his life, and is registered with the Yoga Alliance as an E-RYT 500, the highest possible level of training and experience. He has completed thousands of hours

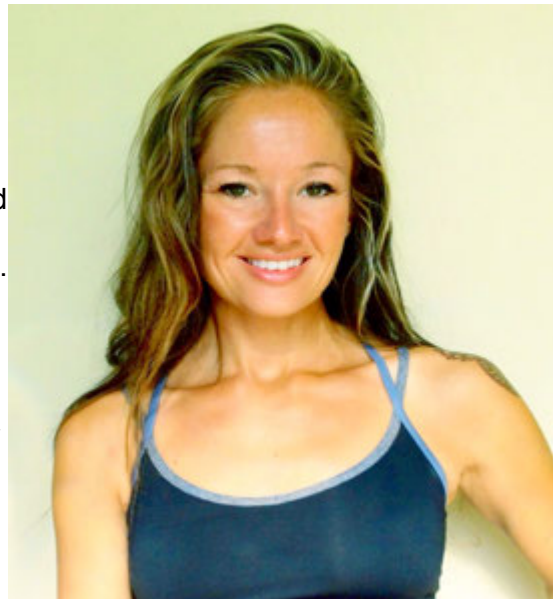


of teacher training, and attended countless workshops and intensives with all the world's top teachers. An Ambassador for both Lululemon and Manduka, Micah is also sponsored by Freemotion Fitness, mBody, MPG, and Monkey G. Passionate about community service and social justice, Micah is also a Bar Licensed Attorney at Law, having earned his Doctorate in Law at the S.J. Quinney College of Law. In his spare time, he enjoys Olympic pistol marksmanship, rock climbing, and tai chi.

Micah's yoga classes share the joy and inspiration that exist in every moment—even those that are difficult and challenging. His students describe his teaching style as intense and empowering. In every class, Micah guides his students to a mental and physical edge where they find the strength to achieve their goals on and off the mat.

Rachelle Krohn

Rachelle Krohn, E RYT, was introduced to Yoga in 1997 as a teen in Gresham Oregon. She began teaching in 2008, with certifications in AFAA Primary Yoga, PowderBlueCo Pilates-Yoga, FiTour Advanced Yoga. In 2011 she completed her 200 Hour Registered Yoga Teacher certification at Infusion Yoga Studio in Bountiful Utah. She continues to further her education. Reading, attending workshops, master classes, and festivals. She is an active member of the yoga community. Her consistent yoga practice continues to serve her in a variety of ways. Healing. Empowering. Surrendering. Finding clarity, intelligence, and ultimately a deeper joy for life. She believes that the definition and value of yoga is defined by the unique individual. Like life, it should be free to flow and evolve. She teaches classes focused on that personal freedom in the styles of Vinyasa-Flow, Power, Pilates-fusion, Yin, Restorative, Therapeutic. Rachelle also studies Thai Yoga massage, Aroma Touch Therapy with essential oils, Chi Running, Thai Chi, Japa meditation, Kirtan, nutrition & diabetes management (her daughter is Type 1 Diabetic). Rachelle has successfully ran several marathons, relays (including captaining & coaching), and enjoys trail running, singing, playing piano, gardening, snow-boarding, paddle-boarding, advocating for JDRF, and managing her non-profit yoga mat bag business, Yo Bagga Bagga



Laura Thompson

Laura Thompson, E-RYT - Laura has been teaching yoga for 10 years and is an Experienced Registered Yoga Teacher (E-RYT) with Yoga Alliance and believes that when we make time for Yoga, we make time for ourselves -- body, mind and spirit -- and we take needed steps toward keeping our lives in balance. Laura approaches teaching Yoga from the point of view that we all have the capacity to do Yoga, regardless of our physical bodies. A practice consisting of breath, any movement and thoughtful contemplation (aka meditation) leads us down a Yogic path toward better physicality and greater focus on the important things in our lives. Laura is the owner of TimeLess Yoga Studio, where practitioners can find a zen place and 13 classes per week, as well as the TimeLess Yoga Teacher Training Program.



Michelle Taylor

Michelle Taylor holds a Bachelors of Science in Human Performance Management with a minor in Nutrition from Weber State University. She has been practicing yoga seriously for about 8 years and completed her 1000 hr RYT January 2011 and a 200 hr RYT in March 2013. Michelle is passionate about wellness and believes that yoga will positively influence the health and wellness of everyone. She believes yoga is a very personal practice and encourages students to stay connected to their breath through out the practice.



Michelle's classes focus on breath, strength, mind-body awareness, and fun

Cyndi Black

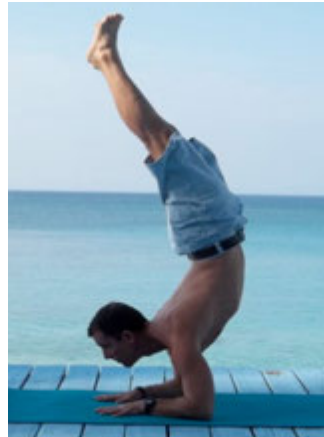
Cyndi took her first yoga class in 2001 just for exercise. She then found out how it quieted her mind and got her to relax. She took her first yoga training in 2006 as a way to expand her practice. She was then hooked to spread the joy of yoga to others. She has been teaching since 2006. She completed her RYT in 2010 and has taken Seniors, Pre/Post Natal, Kids, and Yoga Therapy. Cyndi loves how yoga helps her feel centered and balanced.

She lives in Ogden with her husband, daughter, son, dog, and two cats. She is so excited to be a part of the Ogden Yoga Fest and can't wait for you to come and share your practice there! Namaste.



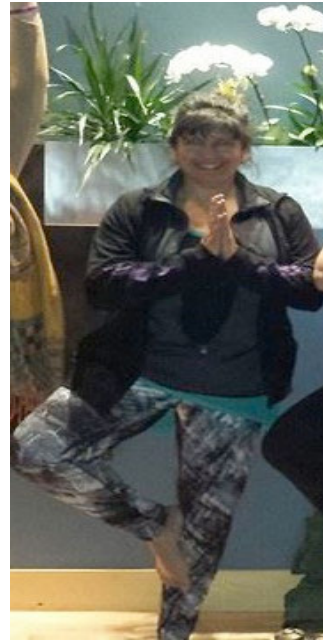
Michael Larson

Michael Larson, Owner/Director of Bikram Yoga Ogden since 2004



Carolina Ferrín

200 RYT Carolina has been teaching Yoga for over 5 years. She believes Yoga is available to everyone. Because of Yoga she has made new friends, gone to different places, has been introduced to many theologies and experienced personal growth. One class with Carolina will immediately show you that she is all about being real and enjoying the practice. She currently teaches at Lady Fitness, and Hill Air Force Base.



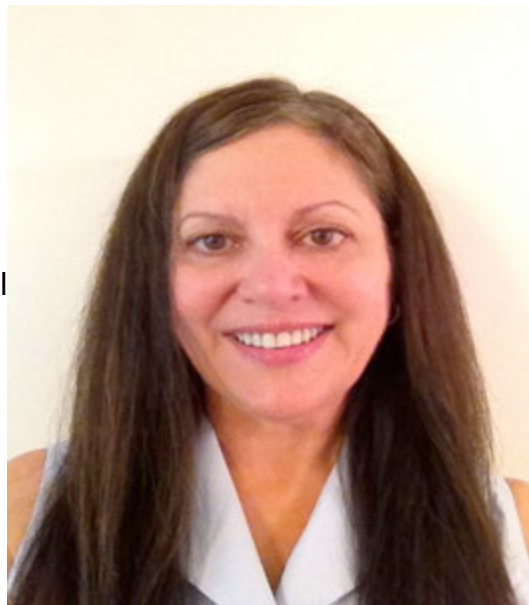
Brittany Madson

Brittany has found yoga to be a beautiful gift in her life and she feels blessed to have the opportunity to share her passion with other students. Integrating her formal education as a therapist and her yoga teacher training, Brittany strives to create a safe and inviting space for students to gather for a practice meant to benefit the mind, body and spirit. Brittany is also a practitioner of Phoenix Rising yoga therapy. Brittany hopes to help her students to heal, find wellness, discover mental clarity and find the truth that's waiting for them from within.



Rena Skeen

Holds multiple certifications as a group fitness instructor, and completed her Registered Yoga Teacher 200 training in March. Her focus is making fitness accessible to all women regardless of experience, age, or size by creating a judgment free zone and encouraging them to unleash their personal power and beauty.



KATHI NEEDHAM

My practice of Yoga began in 2001 as a means to combat performance anxiety. Yoga has taught me that I can change my response to any situation simply by breathing. This realization continues to positively impact my everyday life. It has given me the courage to take on new opportunities and explore new possibilities.

I have found that Vinyasa Flow creates the best opportunity for me to connect with and explore my body while riding a wave of breath. The dance-like quality of Vinyasa allows me to find the smaller movements, the postures in between the postures. Learning to move through these transitions with grace offers an internal strength that I use in all other areas of my life.



ALLISON BERLIN

I love breathe, gardening, fun, raw chocolate, teaching, hiking, mountains, my boys, learning, kombucha, movement, smiling, oceans, sleeping, growing, loving, avocados, sitting, skiing, whistling, bird-watching, paddle boarding, taking in stray cats and trying to stand on my hands.

Yoga is fun for me and I try to bring that into each class I teach. Also, mindfulness, breathe and play.

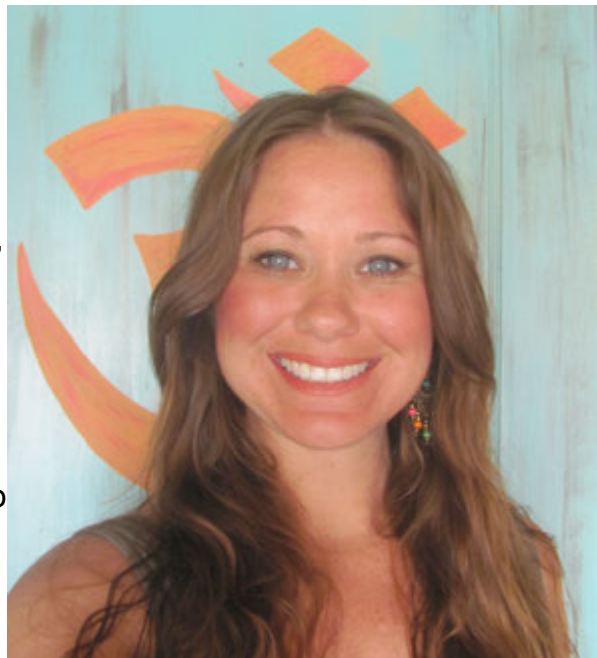


STEPHANIE DETAR

In her late teens Stephanie started exploring the wonderful world of yoga starting with Hatha Yoga. In 2011 she traveled to Bali, Indonesia to complete her 200 hour yoga teacher certification through The School of Sacred Arts. There she was submerged into a diverse level of teachings, Vinyasa Flow and Yin Yoga, along with delving into Ayurvedic and Tantric studies. After two months of studies and travel she returned to Texas, her home state at the time, and started teaching privately and in a classroom setting, building her experience

as an instructor. At the end of 2011 she moved to Utah and continued teaching in the space that is now her studio, Lotus Yoga & Dance Studio located in downtown Ogden on Historical 25th Street. In 2012 she traveled to Venice Beach to

attend Shiva Rae's Trance Dance workshop, which merges yoga asana and free-form dance. Stephanie believes in focusing her teachings to encompass the physical, and mindfulness states creating a comfortable environment for all levels. She continues to teach Vinyasa Flow and Yin Yoga in her studio and has incorporated Trance Dance into the schedule.



Brad Carroll

has been practicing yoga for 9 years. He became a registered yoga teacher (200 hours) with the Yoga Alliance in 2008, and has been teaching yoga since then. He is co-owner of the Ogden Sangha Yoga studio in Marriott-Slaterville. Outside the world of yoga Brad is an astrophysicist and a professor of physics at Weber State University.



CHRIS TAYLOR

I am a software developer, musician, martial artist and yogi. My interests include hiking, gardening reading and being outside. I love being with friends and family and simply having a good time.



Bobbi Bowman

Bobbi is the owner of Snap Fitness in North Ogden. She is passionate about practicing and teaching yoga, going on outdoor adventures, and spreading health and wellness to the world.

After battling Hypothyroidism and PCOS she made a decision to live a life of wellness despite these setbacks. Yoga took her on a liberating journey to live a life of health, and happiness, and she is eager to spread the word. She has a background in Health Education, and is a certified 200 RYT yoga instructor.



Kathy Stobaugh

Kathy Stobaugh (200hr E-RYT) has been practicing yoga since 1998. After retiring in 2009 from being an educator, she completed her yoga teacher training at Yoga Jo's Studio in North Ogden where she began teaching in January 2010. Kathy has expanded her training by attending the Yoga Journal Conference in Estes Park, CO in 2011, 2012, and 2014, concentrating on vinyasa, power yoga, alignment, and meditation practices. In January 2013, she and Brad Carroll formed a business partnership and opened their own yoga studio, Ogden Sangha Yoga located in Marriott-Slaterville on 400 North. She also teaches express classes at the BDO Gym, subs at Gold's Gym and taught at the Eccles Art Center for several months.

Kathy is passionate about sharing yoga with others. She cannot imagine a life without yoga and meditation.



Dean Bowden

Hi, My Name is Dean Bowden. I am a mainly self educated meditation teacher and oracle reader. I have been actively studying metaphysics, meditation, and the principles of yoga for over 15 years. I offer these classes and workshops to not only share my knowledge and experience, but also to learn and grow from the experiences of everyone who participates. I also offer many products and services including:

- Oracle Card Readings and Channeling Guides.
- Juuva: Natural Healing Products for Life.
- Spiritual Counseling and Consultation
- Meditation Classes and Workshops (1 on 1 or groups).
- Painting Parties and Color Therapy Infused Workshops.
- Energy Cleansing and Purification.



Stephanie Courtney

Stephanie has been teaching yoga for over 10 years and practicing for 12 in the Ogden area. Her love for yoga was created the moment she realized it was relieving back pain. She has her RTY and ACE group fitness as well as many various types of continuing education completed. She currently teaches at Ogden regional hospital for the H2U program and is a PE teacher at her son's school. She lives in Ogden with her husband Jesse and son, David.



Rachelle S "Rocky"

Rachelle "Rocky" Lavoie has been happily sharing her yoga practice as a teacher for nearly two years throughout the Salt Lake Valley. She has taught many different kinds, and is particularly intrigued with styles that integrate the physical body with the subtle/energetic body. She has experienced tremendous healing through yoga, as well as a handful of other techniques (particularly shamanic healing techniques, Forrest Yoga techniques, and Ayurveda). She is excited to be sharing kirtan at the festival as well! She finds herself the most happy when she is strumming the guitar, playing the piano, and especially lifting her voice to sing. In her eyes, kirtan is not a musical show, nor is there a "performer" or "audience"; kirtan is a collaborative experience shared by the entire group - everyone participates, whether they sing along, tap their foot, or hum with it, it does not matter. The byproduct, for lack of a better term, is a lift in vibrations and raise in consciousness. Just being present for it adds to the energy of it.



She is so excited to be a part of the Ogden Yoga Fest and can't wait for you to come and share your practice there! Namaste.

Sarah Jane Burholz:

Sarah Jane has been a dedicated student of Ashtanga Yoga since 1998. She has studied with many of Sri K. Pattabhi Jois' first western students and is grateful to be able to pass on the rich traditions she has learned from her teachers and her personal practice. She teaches the Primary, Intermediate and short forms of Ashtanga Yoga.

Photo by: Elliot Layda



Adam Butcher

I have been teaching martial arts for 17 years. When I tried yoga for the first time I immediately knew its validity and could feel its profound effects. I became very passionate about it and could see how it was in coordination with many of my other studies. My studies in the medical field going through college coupled with my studies in metaphysics and energy work really compliment yoga well, and I have noticed a common theme among yoga and many of the martial arts.. that of self mastery, focus, willpower, and tapping into unseen energies, but moreover delving into ones consciousness and psychology. My hope is to share this incredible practice and help others find a place of peace and wellness.

