



Our group is friendly, welcoming, and mostly middle aged. There are 25 'regulars,' many of whom have been coming to class for years or even decades. You're invited to join us!

“We LOVE practicing with Lisa! She's inviting, warm, funny, and shares the bitter with the sweet. Irrespective of how we show up, we leave feeling calmer, more relaxed and grounded. Her classes have become part of 'our' time. A Saturday without yoga is an incomplete Saturday for us. One becomes part of a very special community when you practice with Lisa.”

**SO & SK, IT manager & IT 'geek'
students since 2004 & 1998**



“As a teacher Lisa is invariably kind, always encouraging, never pushy. She is also funny and philosophical and centered. Her class is a peaceful oasis in the week. Yet she challenges us with her erudite knowledge of yoga and of the body. Her master teaching skills create a space in which her students blossom and thrive.”

**PL, author / editor / writing teacher
student since 2004**



“Lisa’s class is an essential part of my week and my life. I am stronger, healthier, and more grounded thanks to her expert instruction and inspiration.”

**KG, foundation director
student since 2004**



“Yoga with Lisa and our group has been an abundant and adaptable resource for me over the years. When I want a physical or mental challenge, it thrills me; when I need gentle comfort, it soothes me. Lisa’s teaching encourages each student to practice her own yoga, whatever it may be that day, within a framework of safety, rigor, and humor.”

**TM, social scientist / professor
student since 1994**



“Yoga with Lisa is the best thing I do for myself. Her class refreshes, strengthens and limbers up my sometimes cranky body and leaves me spiritually renewed as well.”

**BMP, artist
student since 1997**



“Yoga with Lisa is an abiding, centering presence in my life. Physically, the adventurous but nurturing practice has given me strength and flexibility that is its own reward. The gratitude, serenity and perspective I gain from Lisa’s gentle guidance and our yoga group are gifts beyond measure.”

**PF, writer / editor
student since 1994**