Mind/Body Instructor Bios

Name

Michael (Madhavan) Lloyd-Billington

Certifications

Beginner, Intermediate & Advanced IYHT Certified

Areas of Interest

I teach Integral Yoga, a classic style of hatha yoga, one pose at a time, with primary emphasis on the body-mind connection.

I have experience with all levels, but tend to resonate most with either beginners or truly advanced practitioners who are interested in deepening their understanding of the principles behind the poses.

I teach workshops on various aspects of the yogic path on a regular basis at Old Town Yoga, including meditation, pranayama, and yogic diet and philosophy.
Mind/Body Instructor Bios

Name
Madison Maschler

Certifications
200 hr Lifepower

Areas of Interest
Ashtanga
Vinyasa
Slowburn/restorative
Mind/Body Instructor Bios

Courtney Long

Certifications
200 Hour Baptiste Power Vinyasa Certification

Areas of Interest
I teach an empowering, breath focused, high cardio class.

Intention setting and inversions.

The flow I teach takes students to their physical limits and allows for breakthroughs on the mat mentally and physically.
Mind/Body Instructor Bios

Name: Kelly Gregg

Certifications:
200 hour YA teacher training through Trimurti Yoga in Dharamsala, India; March, 2014

Areas of Interest:
“Mindful” yoga classes
Katherine Indermaur

Certifications
RYT 200. Also completed Aerial Yoga Training

Areas of Interest
Vinyasa
Yin
Restorative
Aerial
Sculpt
Children’s yoga
Mind/Body Instructor Bios

Name
Kyrie Ivonovich

Certifications
200 Hour Certification

Areas of Interest
Anatomy
Dynamic sequencing
Alignment
Mind/Body Instructor Bios

Name
Savanah Benedick-Welch

Certifications
RYT 200

Areas of Interest
Restorative
Yin/Yang
Vinyasa Yoga
Emphasis on breath and movement to restore the body as well as the mind and spirit.
Natural healing practices
Mind/Body Instructor Bios

Name
Norelle Powell

Certifications
200 Hr RTY CorePower/Yoga Alliance
50 Hr Extensions Program CorePower/Yoga Alliance

Areas of Interest
Vinyasa with isometric strength training
Dynamic Sequencing
Hands on Adjustments
Pelvic Floor
Mind/Body Instructor Bios

Name
Theresa Rose Adams

Certifications
500 hour YTT Shambhava Om Ananda
TRX Instructor
Chek Institute Exercise Coach
NETA Personal Trainer
YMCA Group Exercise
Zumba, Spin, Tabata, Kettlebell
Silver Sneakers (chair yoga, classic & strength).

Areas of Interest
I love motivating people to move their bodies.
I teach an all levels vinyasa flow.