



Alisa's teaching style is focused on the body, breath mind connections that are available through yoga. Her classes are alignment based, and include breath work and meditation. Alisa's classes are structured as Level 1 poses, with a focus on strength building while in the poses. Alisa strives to maintain a balanced effort in her life and in her practice of yoga.

The search for greater awareness and a deeper knowledge of yoga led Alisa to teacher. Alisa has completed her 200 hour CYT teacher training program through Moksha Yoga. She has been teaching Yoga classes since 2011.