

Teachers, Lecturers, Workshop Leaders and the Centers

Sondra O'Donnell is a Yoga Teacher and Yoga Therapist, and she is the director of Sun Moon Yoga's teacher certification program.

When did you found your yoga school? How is it going?

The studio has been in the making since the onset of my relationship with yoga, over 20 years ago. As the study and practice of yoga itself, establishing and growing with a studio is a process. Many students have been with me in this process along the years. It truly is one of the most wonderful things I have been a part of.

What do you find most worthwhile about your work as a yoga instructor?

I love working with people and the relationships that we establish... In yoga we work with the whole person and bring that person to a place of connection with others. We learn to interact with others rather than to react to others. Teaching teachers has definitely inspired my teaching in public classes—to

articulate how the philosophy of yoga adds to our lives on the physical, energetic, psycho-emotional and spiritual levels.

Do you wake up some days and think to yourself, "not again, I'd like to just take it easy today"?

Yoga is a process and a relationship with one's inner Self. It helps us connect to the divine aspect within each of us. The busier and more challenging our mundane lives become, the more we appreciate that connection. So for me "taking it easy" directly comes from the practice and sharing of yoga.

Do you have kids? If so, do they practice yoga?

I have three wonderful, creative, articulate sons! They are the true inspiration for the yogic path for me! They have been on this adventure with me from their beginnings. We read yoga stories as bedtime stories, spend our vacations at yoga ashrams, and chant before dinner!

What do you think of as your strengths as a teacher of yoga?

...Yoga is not really about the teacher, it's about helping others find that connection to their inner Selves. The wisdom and knowledge I share with others comes from a long lineage of teaching,

Yoga increases one's flexibility, among other things. Does that increased flexibility, for you, extend into other areas of your life?



When we feel good in our bodies and we develop the ability to get rid of what we don't need -- like tension in the body, distracting thoughts in the mind, or patterns that make us feel separate from others -- that's the true yoga. We have discovered our own "limitlessness," which allows us to live our lives in a balanced way, connected to others, and free from expectations.

Where is the most magnificent place you've ever practiced yoga?

...You do not need to travel in order to discover the awesome benefits of yoga. They are available to every one of us, right here, right now—this moment and every moment.

What was the most fun you had this past summer?

Summer in Ann Arbor! It's a great time—connecting with old friends, Top of the Park, the Art Fairs, canoeing the Huron River, the Saline Celtic Fest, bike riding all over town with the kids, concerts, baseball games, water parks, it's a great time and place to experience life!



Jennifer Flowers is a Reiki Master and teacher since 2003, massage therapist and mother of five children.

Marcella Fox is an intuitive and channel with extensive training in shamanism in Peru, the U.S. and Canada, and is a Reiki Master.

Melissa Francis is the owner of Intelligent Exercise, LLC. She has been teaching Pilates and movement for over 10 years.

John Friedlander is an internationally acclaimed psychic, author and teacher with degrees from Duke and Harvard Law School. He co-wrote *Basic Psychic Development: A User's Guide to Auras, Chakras, and Clairvoyance*.

Melanie Fuscaldo, LPC, NCC, is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind and spirit.

Sally Gabany, a spiritual director facilitating retreats, days of reflection and workshops on the labyrinth, has been drumming for many years.

Gaia Center for Holistic Studies offers continuing education in beginning and advanced topics of herbalism in a variety of class formats, held on a medicine farm, in classroom, herb lab, botanical sanctuaries and the outdoors.

Kelly Garner, RYT, is owner and director of Joy Tree Yoga Studio in Big Rapids. She has ten years experience as both a yoga student and teacher.

Bronwen Gates, PhD, is an herbalist, botanist, indigenous healer, spiritual counselor, and joy coach whose gifts are in the uses of the healing resource within plants that support optimal functioning, and in helping access innate body wisdom.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit. The Center offers ritual and ceremony, workshops and seminars, and health-oriented classes and services.

Gehlek Rimpoche is the Founder and Spiritual Director of Jewel Heart. Among the last generation of incarnate lamas tutored by the great masters in Old Tibet, Rimpoche's command of contemporary western culture allows him to convey Tibetan Buddhist tradition with wisdom, kindness and wit.

Jennifer Giacomelli received certification from the Desert Institute of the Healing Arts in Tucson in 1997, worked at the resort and spa Miraval, and went to Thailand to become certified in Nuad Bo-Ram Thai massage.