



SOYA YOGA TEACHER



Chris Clancy began her yoga journey in 1990. She is a certified through the SOYA Yoga Teacher Training Program and Vijnana Yoga International and is registered with both the Yoga Alliance (ERYT500) and the International Yoga Teachers' Association (IYTA). Dedicated to yoga as a life practice, Chris focuses on the fundamentals of body alignment, rooting and approaching yoga with humility. She helps her students uncover the 'living' yoga by moving beyond the physical reward toward an inward journey that extends long after class is over.



Dorothy Fizzell has been practicing yoga for more than 30 years and teaching since 1998. She is a certified Yoga Teacher through the SOYA Yoga Teacher Training Program and Shioki Yoga Therapy Training. Dorothy is a Registered Yoga Teacher with Yoga Alliance (ERYT) and the International Yoga Teachers' Association (IYTA). She has a black belt in karate, so her passion for yoga as well as martial arts brings an interesting yin/yang balance to her teachings.

For information or to register:

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