

Sherry Boehme, RYT - Bio

My desire to share the art and science of yoga with others was born of my personal experiences with yoga's ability to renew my body after an accident, and it's profound ability to help me heal mentally and emotionally and find spiritual balance after the loss of my son.

I received my formal training and certification as an Integral Yoga Instructor, following the teachings of Sri Swami Satchidananda. But I was most honored to first study yoga with my mentor, Elizabeth Holly Holliday Hill, who was an internationally certified yoga teacher and guided me in the teachings of Swami Satyananda Saraswati and the Bihar School of Yoga. Over the past 20 years I've been blessed to continue my yogic studies with a number of programs including: Kundalini training with Stephanie Kaplan; Prenatal Yoga certification with Ginger Garner of the Professional Yoga Therapy Institute; Vinyasa Yoga training at the Kripalu Yoga Institute and recently completed Trauma Informed Yoga certification this past fall. I am registered with Yoga Alliance and am a member of the Integral Yoga Teachers Association.

I love the adaptability and playfulness of Yoga in it's ability to provide nurturing, healing and a path toward balance, to all who seek it. Although my teaching style is classic Hatha Yoga, I enjoy sharing physically challenging Iyengar practices; guiding SUP Yoga on the water; leading Yoga Hikes in the forest; helping expectant mother find comfort and well-being in their growing bodies and then embrace and enjoy that most wonderful connection with their precious babies. And I love sharing the joys of yoga with children in fun and creative ways.

For the past few years I've also had the great pleasure of leading a variety of Yoga Retreats on land, and am now anxiously

anticipating this opportunity to share a Yoga & Sailing adventure with you, onboard Ciganka.

My personal mission is to share my passion for yoga, with adults and children alike, with the goal of fostering holistic well-being and a desire to make a positive difference in our little corner of the planet.

You can connect with me on Facebook: www.facebook.com/GreenBearFitnessofNewBern,NC

And find lots of photos of classes on our (currently under reconstruction) website: www.greenbearfitness.com