

## *Bill Hooker*

Bill began practicing yoga in 2010 as a means of staying trim and healthy. He quickly found out that yoga had a very special meaning to him, and enrolled in the Sun Dog Yoga 200 Hour Teacher Training program to learn more. While he didn't intend on teaching yoga following his certification, he realized that his training was indeed a gift that he needed to give to others. Bill completed his Anatomy of Yoga Teacher certification training in April, 2012 under the tutelage of Shari Simon, and started the first Men's Ashtanga class the month after.

Once he was introduced to Ashtanga Yoga, he fully immersed himself in the practice, and continues to grow his understanding believing that his yoga changed his life and improved his health significantly. While exposed to a number of different types of yoga, Bill is a firm Ashtanga practitioner. He enjoys teaching a broad array of students, from children to senior citizens, and believes that anyone can do yoga, even if physical movement is a challenge; the beauty and power of yoga is in the breath....the breath has the ability to transform your life. He likens prospective student comments regarding the lack of flexibility as a reason for not practicing yoga, to saying that you can't lift weights because you are weak. Just do it!