

Lisa Manheim

Lisa Manheim, MFA is an E-RYT500 yoga instructor and Certified Yoga Therapist (CYT), with over 500 hours of training and over 15 years of teaching experience. She is trained in yoga therapeutics, breath-work, chair/senior yoga, meditation and various schools of yoga. She is CPR and AED certified and fully insured, and is a member of the International Association of Yoga Therapists and the Yoga Alliance. Lisa has a private Yoga Therapy practice in Doylestown working with people with acute and chronic conditions like Parkinson's, Arthritis, Depression and Anxiety. She is on the faculty in the School of Health, Physical Education and Nursing at Bucks County Community College.

Lisa has completed teacher trainings with
Shari Simon: Anatomy of Yoga,
David Swenson: Ashtanga, Valerie Kit Love: Anatomy of Yoga:
Biomechanics of Movement Certification,
Donna Farhi: Advanced Teacher Training Certification.
She has studied Principles of Anatomy with Leslie Kaminoff,
Mindfulness Based Stress Reduction with Jon Kabat-Zinn & Saki
Santorelli and completed a 300 hour Yoga Therapy training with Dr.
Robert Butera.

As well as hatha yoga, Lisa is interested in meditation, and the history, philosophy and symbology of yoga. Drawing from an array of yogic traditions, Lisa tailors each class to the level and needs of her students. The breath-work and postures will vary, but the focus remains constant: awaken to the present moment, find balance between effort & relaxation and find joy in the practice.