

Holly Victor

Holly began practicing yoga in 2002 in Denver, CO and did not instantly fall in love with it. In fact, she found it challenging in the most uncomfortable and disconcerting way. Breathing and bare feet were not her favorite things. But yoga was exactly what she needed—a path to strengthen her tricky joints and focus her jumpy mind—and within a year she was hooked.

Holly started practicing with Shari Simon in 2011, completed the 200 hour Anatomy of Yoga Teacher Training in 2013 and the 300 hour Anatomy of Ashtanga Yoga Teacher Training in 2014. Holly believes that practicing, training and teaching at Sun Dog have changed her life. She has a passion for teaching and enthusiastically shares what she has learned to all who are interested.