

Sheila Steinbach

Sheila is a lifelong learner who has been involved in yoga for more than 10 years. Her Hatha Yoga classes are geared towards building students awareness to their body, mind and spirit. Her goal is a class that is gentle, geared towards relaxation, working within the students own comfortable capacity, at a gentle and mindful pace, beginning with centering, warm ups, breath work, the more active part of the class, the return to the mat, and final relaxation. The focus is not on perfection in the poses, (even though proper technique is strongly encouraged), but to progress the students comfortably at their own pace given their physical abilities.

Sheila has her 200 hour Yoga Alliance Certification and is currently working towards her 500 hour Certification. She regularly attends yoga workshops and is happy to share what she learns with her class.