

## CARLA BAZEMORE



I have an E-RYT 500 with Yoga Alliance & an 800hr certification on the Philosophy, Theory and Practices of Yoga by the Traditional Yoga Studies created by Georg Feuerstein.

I have been practicing since 1989 & started to teach yoga in 1998. From 2001-2011 I owned a yoga studio in Houston, TX called Yoga Lotus, and I am the co-author of [\*The Nuts and Bolts of Teaching a Yoga Class\*](#).

Teaching yoga & other mind-body activities is my life's passion. Yoga has especially helped me grow stronger & more flexible physically, emotionally, & spiritually. I enjoy the practices so much that I want to share, inspire, & motivate others to become healthier and happier using the tools yoga has to offer.