**John**

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**Fitness Philosophy:**

Freedom through discipline.

**Why are you an instructor:**

As a practitioner of Martial Arts in the 80’s, our training always consisted of instructing lower belts. Many I trained with appreciated my style of instruction. When I found Yoga and all of its benefits, it was a natural progression to take all that I learn and pass it on.

**Biggest guilty pleasure:**

Pizzaaaaaa!

**Specialties:**

Yoga