

## Melissa Anglemeyer:



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I grew up on a farm in upstate New York, my parents kept the front door wide open and my siblings and I were encouraged to go out and explore. This allowed us to connect to nature and sparked our curiosity about the world around us. The balance I've learned through nature is why I close my practice with the gesture of no fear.

I began practicing yoga as a teenager, tagging along with my mother to our local Kripalu studio. Having practiced daily for many years and seeing the benefits in my own life, I decided to take a yoga teacher training to deepen my own practice and build the tools to share what I had learned through yoga with others. I completed my RYS 200-hour Teacher Training Program in 2016 with Open Studio in Wilmington, NC. In the fall of 2020 I completed my Warriors at Ease Level 2 Training and am currently on a journey towards an Advanced 300 Hour Therapeutic Yoga Teacher Certification with Guiding Wellness Institute in Fayetteville NC.

I enjoy teaching a practice that moves through poses, using the breath to smoothly transition from one pose to another, linking the mind, body and breath together. It is through this breath that we are able to connect to the present moment. Noticing and releasing any tension in the body. Joseph Goldstein describes yoga at its best here "We're not practicing for some other better experience, what we are practicing is the mind that is not clinging now". So often we are living our lives to get to some other better place, or trying to escape the past or create the future, all of which does not exist. It is the here and now that truly exists. Who we are on our mat reflects who we are in life. I believe that is what makes yoga so challenging, and such a gift. Each time we step on our mat we are offered the opportunity to be fully present to who we are in that moment, a perfect human exactly as we are.

I have two beautiful children, five horses, six dogs (all rescues, go save a life!). When not working my day job or teaching yoga you can find the kids and I stand up paddling, hiking our local parks or exploring a backwoods trail on horseback.