

DENISE COOPER, E-RYT-200

B.S. HEALTH & HUMAN PERFORMANCE & EXERCISE PHYSIOLOGY, TEACHES HAWK HOT YOGA, FLOW, & ALIGNMENT YOGA & KUNDALINI



Denise is an E-RYT 200 certified yoga teacher and has been teaching since 2001. Her style is influenced by B.K.S. Iyengar, Anusara Yoga, Vinyasa Flow, and Power Yoga. She is also a Level III Reiki Master Practitioner. In 2014 she began her studies in Kundalini Yoga at Yoga Lola. Denise feels that Kundalini Yoga, with its focus on breath work and kriyas that target the mind, body and spirit, was the missing piece of her practice. In addition to teaching yoga, Denise teaches fitness and yoga classes throughout the Clear Lake area.

Denise has additional certifications as well: AFAA Personal Trainer, USWFA Water Fitness Instructor, Silver Sneaker Instructor, MADD Dog Spin Instructor, and Balance Body Pilates Reformer Instructor. Denise experiences yoga as an inward journey where each person discovers their inner power through use of asana, breath, and mindfulness. She knows that no matter how she feels before she does yoga, she always feels better after practicing and so do her students! Denise is passionate about sharing her extensive knowledge of yoga with anyone who has an interest.