

Meet Diane Lanthier...

How has yoga made a difference in your life?

Prior to starting my personal yoga practice, I was considered somewhat shy and lacked the self confidence to talk in front of even a small group of people. Yoga helped give me a level of confidence and self esteem that I didn't know that I had. My teacher training continued my personal growth as I became much more self assured, grateful for my life and with a significantly increased self awareness. From a health perspective I am more balanced and my body is stronger than it has ever been. I have had three bulged discs in my back for years and practicing yoga makes my back feel so much better. I previously had high blood pressure and was on medication for about 10 years. After a year of having a regular practice, my blood pressure reduced to where my doctor took me off of the medication, and for last nine years it has been perfect.

I really feel that yoga has positively changed my life in so many ways and has given me opportunities that I never thought that I would have. I have developed so many new friends that will be friends for life. I feel that I am capable of doing anything that I want to do. There isn't anything that seems insurmountable. I hope to still be teaching yoga when I'm 85!

How do your students inspire you?

My students inspire me to become a better teacher. The students challenge me to continuously improve my teaching as they grow in their own practice. I am excited to see when a student has an "aha" moment when they realize that they can do what they thought was not possible. I become driven when I see each students' progression, the friendships that are made and most importantly the compassion and teamwork that is demonstrated everyday. I love seeing my students laugh and enjoy themselves no matter what they are going through in their private life.

What's on your playlist?

I love all types of music, but not all are appropriate for a yoga class. My playlist has some Norah Jones, James Blunt, Bon Iver, Ed Sheeran, Enya, Eva Cassidy and for Yin, Todd Norian and Temmy Lewis.

Join Diane on Sunday, June 21st at 9:30 for 108 Sun Salutations.