

## **Lisa Nevar-Landsmann**

Lisa N. has enjoyed a personal yoga practice since 1996. She completed her 750-hour teacher training program at Esther Myers Yoga Studio in Toronto and began teaching in 2008. Lisa shares yoga at any level from beginner to advanced with compassion, humility and humour. She invites students to discover their own abilities and work with their challenges, to create truly personalized practices. In 2006, Lisa began teaching Itsy Bitsy Yoga; a developmentally enriching program designed specifically for babies, tots and tykes. Developing programs for children and youth to share with their parents soon followed. To round out her repertoire, Lisa is certified in pre- and post-natal yoga. Lisa welcomes private yoga students, having practiced with individuals who are managing physical limitations and illness. Lisa's favourite place to practice yoga is outdoors, deep in nature with her two growing sons.