

Adam Ballenger, B.S. Exercise Science, RYT 500, ERYT 500, Certified Exercise Specialist, Certified Anusara Yoga Instructor

Adam was introduced to yoga in the early 90's in college after a motorcycle accident and has been in it, on it and around it ever since. Adam's mix of philosophy, anatomy, therapeutics and exercise, ring through in his absolutely authentic and inspiring teaching. Adam is a yoga nerd, through and through. Adam's classes range from the most basic of beginners, Seniors and up to in-depth and accredited Immersions and Teacher Trainings both locally and nationally. Adam is also an adjunct professor of yoga studies and proud father/husband.