

A yoga teacher born in Utah, raised in Oakland, CA, and educated at U.C. Berkeley, her ultimate "message" is to find one's own way in the big "mind-body" world. She graduated from UCB in 1988 with a double B.A. in International Relations and French, then promptly moved to Mexico to teach aerobics. She started teaching yoga while working at Rancho La Puerta Spa in Tecate, MX and continued while acting as fitness director on the Cunard Cruise Ship the Sea Goddess. She has been a part of the fitness/wellness movement for 23 years, and has over 19 years experience in the yoga industry. In January 2000, after teaching yoga in the Bay Area, Malibu, Philadelphia, and Boston, Dana moved to Utah, where she has since built a community of dedicated yoga practitioners who love her philosophy of embracing ALL that life has to offer, using ALL the senses to do so. D'ana's down to earth approach to business as well as her authenticity and confident personality have made her a natural leader in the "mind-body" industry. Her presence in front of individuals as well as groups is dynamic, humorous, and humble. People warm to her easily. D'ana manages and organizes workshops and retreats around the country. She has developed a superior teacher training program in Utah and continues to grow the program (with over 300 graduates since 2002) which will soon take hold as a yoga therapy academy. She formed a Non-profit called Yogis in Service which is a grass roots volunteer "yoga army" who offers yoga to those in need, who cannot afford it, or who will get real benefit from practicing it. When she is not spreading her message, she learns much about life from hanging out with her three boys, who help her keep it real.