

Lin Ostler's bio

I awoke to Yoga in 1971 at 5:30 a.m. to Jacques de Langre's yoga teachings in Tahoe National Forest. In Salt Lake City, I was initiated into the Sivananda way of practice at the Sivananda ashram, where I studied, forging her direction. Then in Burlington, Vermont, I continued t'ai chi study/practice for 3 1/2. years, while teaching Hatha Yoga and East/West practices in colleges, programs and privately.

Having studied and taught Prenatal Yoga during my pregnancies (which helped in my own three fully natural childbirths), I took this on as a specialty practice, delving into the childbearing year, which included Postnatal with Mom & baby. Becoming a Doula in 2007, the combination has broadened my a 28-year experience as a Prenatal Yoga instructor. I feel deeply about the need for experiential sensitivity in working with women in this profound time of their lives.

My own earthy approach, seasoned experience, and the development of the Star Series, plus 23 years as a college instructor--all combine to make my practice unique, safe and intuitive. .

(Lin's Yoga practice was refined similarly in workshops with David Swensen, Judith Hanson Lasater, Dona Farhi, Ganga White & Tracey Rich, Prenatal Instructors, Nancy Ruby, B.J. Gavins, and a couple of workshopw with often with Shiva Rea.

She's taught workshops in California, Vermont and Utah, and work with private clients since 2004

Classes at CCY:

Prenatal ;Yoga Friday 9:00-10:15 a.m. • 9th/9th

Postnatal Yoga with child Friday 10:45-11:45

I also sub Yin Yoga, Restore and Yoga for Stiff Bodies.