

Stephen began studying yoga in a previous life as a microorganism in the lower gut of a great sadhu. During frequent fasts, he had lots of free time to travel and subconsciously retains those lessons in his current incarnation as a person, husband, parent, writer and professional dancer / choreographer (www.sbdance.com). Heavily influenced by over twenty years in dance, Stephen's practice and teaching method also borrows from many instructors and traditions-- Erich Schiffmann, Sri Dharma Mittra, Iyengar, Ashtanga and others. His class is a constant stream of movement in and out of poses. It emphasizes fluidity over deep stretching and coordinated muscular action rather than exercises that isolate strength. As a good citizen of Utah, he does his duty by maintaining backcountry trails via shoes, tires and boards. He also organizes an annual yoga benefit called Yogis Give Back (www.YogisGiveBack.com) and serves as chair of the Performing Arts Coalition.