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Here are a list of teachers that have studied with me or have been trained by me. They are familiar with my teaching style and approach and most of them will be very comfortable with you doing your mysore practice in their led classes; but as always check first (and remember your Mysore in a led class etiquette):

**Carolyn Harley** has ashtanga based classes at Just Plain Yoga: [yogahttps://www.justplainyoga.com/classes/](https://www.justplainyoga.com/classes/)

- ॐ **Sundays 9:15a ashtanga/vinyasa mix**
- ॐ **Wednesdays 5:30-6:30 Hatha yoga**

**Anne Falvo** (who learned from me in the early 2000s) teaches ashtanga based classes at Just Plain Yoga too:

- ॐ **Friday 9:15a**
- ॐ **Monday 6:30p**

**Chelsea Parcels** teaches at Mending Roots Wellness, Dillsburg Yoga <http://dillsburgyoga.com> , and the West Shore YMCA. She is currently in training with me. She has a vinyasa class at Dillsburg Yoga (5 Harrisburg Pike Dillsburg 17019):

- ॐ **Wednesdays 6:30-7:30p**

**Andrew Abaria** has a class in Lancaster — He is available though for privates and teacher training workshops. If you find yourself in the Lancaster area you can catch his classes at West End Yoga:

- ॐ **Monday 9-10a**
- ॐ **Wednesday 5:30-6:30p**

For more details on his teacher training starting September 2017:

<http://www.andrewabaria.com/yogamasterminds/>

**Holly Keich** has been a long time student and teacher at BeFit Yoga. She has her own yoga center; [www.ombabycenter.com](http://www.ombabycenter.com) and offers family yoga classes that might appeal to some of our ashtangis — her teaching style is very similar to mine. She also offers many other useful workshops and specialty classes at Om Baby Center.

**Teachers In Training** :) Chelsea Parcels and Justin Bell are currently in training with me and will continue training with me while I travel. When I return in the spring they will train with me in classes. By this time next year we will have 2 more teachers to offer classes.