



## LINDA MCDORMAN

Linda has been in the health and physical fitness field since 1987, as a certified group exercise instructor and personal trainer. Her love for yoga inspired her to attend the Yogafit 200-hour teacher training program, in the Vinyasa Flow style. The Vinyasa style is a derivative of Ashtanga yoga and is often called “power yoga.” She received her Registered Yoga Teacher (RYT) certification in 2005 and is working towards the 500-hour level. She has studied with Beryl Bender Birch, Richard Freeman, Ana Forest, Roger Cole, Seane Corn, Baron Baptiste, Richard Rosen and Rodney Yee. Linda has found a tranquility and inner peace from yoga that could never be obtained from other fitness disciplines, and is quite passionate about her teaching and personal practice. She derives great joy from sharing the benefits of yoga with others. Linda is a native Richmonder, has a wonderful husband and four furry kids (one dog, 3 cats), a birdwatching hobby and is a flower and vegetable gardener.