



## TIM CULLEY

Tim Culley is a graduate of Grace Yoga Teacher Training Systems. Born and raised on Long Island, New York, Tim worked as a New York City fireman for 20 years before retiring and relocating his family to Richmond in 2006. To stay physically fit for the demanding job of firefighting, Tim trained throughout his career in various exercise and personal fitness routines. Looking for something different, he decided to try a yoga class at the gym. He was surprised by the challenge and difficulty the class offered. He walked out feeling better, not just physically, but his total body, mind and spirit was influenced in a positive way. He felt renewed, less stressed and energized. He realized over time that this was due to the teacher giving the class. He could tell how good the teacher was by how he felt walking out of the room. Tim would like to pass on this experience to others, as a teacher, dedicated to following this ancient practice. Tim is married to his wife Donna (19yrs.), and they have three children together.