

Bonnie Lewis believes there is a creative spirit inherent in all of us and part of our life's journey is to find and express that spirit. Teaching yoga, Pilates, theatre or modern dance, Bonnie brings her creativity, sense of humor and passion for movement and expression to all that she does. "My greatest challenge involves guiding people in their process of moving their bodies and creating their art."

Bonnie's first encounter with yoga was at the Integral Yoga Institute in the early 70's. She has taught yoga to pre-school students up to seniors and has gained insight from all the ages that have crossed her path.