

## TEACHER SNAPSHOT

### Joan Hyman



**Hometown:**  
Philadelphia, Pa.

**Childhood aspiration:** To be a nurse because my mother was one and I grew up around them.

**First yoga class:** A traditional hatha class when I was in my young 20's at Garland of letters bookstore on South St. Philly. I thought it was very boring and it wasn't until many years later I went to JivaMukti in NYC did I catch the bug for yoga.

**Most influential teacher:** Sri K. Pattabhi Jois

**The defining moment when you realized you wanted to teach yoga:** I began teaching yoga while performing in a show in Las Vegas. I was becoming tired of the image-based career I was in and yoga was feeding my soul. I had been teaching dance and fitness since I was a teenager and was drawn to this path of healing due to a lot of self-destructive behavior. The following year, I had moved to Santa Monica, Ca. to do the yogaworks teacher training with Maty and Lisa Walford.

**Favorite pose and why:** Sirsasana because it is grounding and calming and feels so good on my head!

**Most Challenging Part of your yoga practice:**  
Leg behind the head poses, they teach me patience.

**Person who has inspired you the most:** My sister/cousin Kim for introducing me to yoga and a more conscious way of living!

**Book you are currently reading:** I'm currently browsing through the wisdom of yoga however; a great book I just finished was Osho's Love, Freedom, and Aloneness.

**Secret Comfort Foods:** French Fries with lots of Ketchup!

**Movie that has changed the way you think:**  
Terms of Endearment, I was very young when I saw this but it touched me deeply because I saw the sadness of what it was like to lose someone you love.

**Cause you feel most passionate about:** Cystic Fibrosis, I grew up supporting this cause because my little brother has it.

**Your local retreat:** My home

**An Unfinished Dream:** To live in a peaceful world.

*Joan is leading a workshop on the exciting practice of Inversions this month.*