

Leah Katz, Certified Iyengar Yoga Teacher and Pilates Instructor

Leah Katz is a certified Iyengar Yoga teacher at the Introductory Level. Leah has been a student of Iyengar yoga since 1989, and studies regularly with senior Iyengar Yoga teachers Joan White and Carrie Owerko. After 4 years of rigorous training, Leah became the first certified Iyengar yoga teacher in the Hudson Valley, centered around Woodstock, NY. In Spring 2010, she had the honor of studying with Dr. Geeta Iyengar at the first teacher's convention on Iyengar Yoga therapeutics.

Leah's background in movement was originally in Pilates, which she embraced in 1987 under master teacher Romana Kryzanowska, who taught for Joseph Pilates and has kept his tradition alive for almost 60 years. A certified Pilates instructor and teacher trainer, Leah has helped train and certify many Pilates teachers, both in New York City and locally in the Woodstock / Kingston area. She has worked with professional dancers including members of New York City Ballet, Paul Taylor Dance Company, and Dance Theater of Harlem.

Leah has shared her love of movement and bodywork with hundreds of students over the years. Her knowledge of anatomy and the human body make her a trusted and gifted teacher who creates an environment that promotes and enhances health and healing.

"My vision is to provide an experience of movement that is healing, challenging and ultimately transformative, allowing each person to know themselves more deeply through their physical bodies and to feel freedom from within."