

ABOUT THE AUTHOR

Lisa Lofthouse



LISA LOFTHOUSE discovered yoga in her early forties after her massage therapist recommended it as an aide for reducing migraine attacks and as her practice became more consistent her migraine attacks were greatly reduced. Lisa came to yoga to help ease her body, but she found the more she practiced the more she yearned for deepening her connection to spirit. As she researched the history of yoga and began her teacher training she found the mental and spiritual aspects of yoga even more beneficial than the physical ones.

Yoga has lead her from a secular life to one of spirit, grace and bliss.

She feels she truly stepped onto the path of yoga when she began her teacher training at The Kripalu Center for Yoga and Health in Lenox, MA in 2001. As she likes to say, “that is when my dharma met my karma and I knew this was my calling and I have to share it with everyone I meet”.

Lisa balances her days teaching yoga at her studio, Breathing Space, playing in her art room, laughing with her friends, bicycling, hiking, and kayaking. She leads retreats as often as she can, bringing yogic bliss to anyone who is blessed to cross her path! Lisa lives a peaceful existence in Fayetteville, North Carolina with her fabulously understanding husband, Dean.