

ABOUT THE AUTHOR

Heather Reed



Heather Reed has been teaching Yoga in various settings since 1996. She expresses an integrative, adaptive approach and specializes in using Yoga and meditation techniques for people living with cancer, post-polio syndrome, and other chronic illnesses.

Heather received an Experienced Teacher Certification from Esther Myers Yoga Teacher Training Program and has had extensive training with senior staff of the Commonweal Cancer Help program and Dr. Dean Ornish's Program for Reversing Heart Disease. She developed Yoga classes for cancer patients at The Wellness Community in Atlanta, Georgia, where she taught from 1997 to 2004. In addition, Heather was a Yoga teacher and residential retreat facilitator for Many Streams Healing Systems, Inc., in Rome, Georgia from 2002 to 2007. Since 2008, she has been Yoga teacher and co-facilitator for the Residential Retreat Program for Cancer Navigators of Rome, Georgia. Heather also teaches privately in Austin, Texas, where she lives with her husband and son.