



# di4yoga

## what my clients say...

"Diane's instruction style in the practice I have enjoyed with her for three years emphasizes the asana aspect of yoga. Her education and training in anatomy and her deep understanding of body movement uniquely allow her to guide poses safely and with variety, conferring noticeable improvement in flexibility and strength through whole-body awareness. My special gratitude for her skills comes from her emphasis on and the therapeutic effects of expansive breathing that she incorporates into her practice, both in the physical sense and in the consequent improvements in relaxation and awareness. My COPD manifestations vastly improve under her guidance. Diane's temperament, demeanor, and personality are ideal for a profession requiring calmness, openness, kindness, and sensitivity."

**Rhoda W**  
Yoga Client

"Diane was one of my first teachers and soon became one of my favorites. I'm now a little older and creakier and Diane's classes always make me feel better. She works on all of the joints and muscle groups methodically and gently. She approaches yoga with a spiritual mindset that addresses one's attitude toward life, and with some humor. "

**Ellie G**  
Yoga Client

"Diane is a truly amazing teacher. Not only does she have a deep knowledge of yoga poses and philosophy, she also has a thorough understanding of anatomy. As a result, whether in a group or one-on-one, she can offer modifications and alternatives for all poses and, if there are specific poses or areas of interest or concern, Diane can put together a customized and detailed plan for you. She has done a few for me over the years and I can't tell you how helpful they've been."

**Aenea M**  
Yoga Therapy Client

"Diane, how you communicate such respect for yoga while inspiring 'just sayin' laughter is a gift that changed yoga for me. Thank you for leading me into a transformation with so many smiles."

**Alaina L** Yoga Retreat Client