

Lilly Lerch

Heather Lilly (goes by "Lilly") received her 500hr ISHTA Yoga certification in 2003. After teaching over a 1000hrs of group classes, private sessions, and yoga festivals in NYC, Pennsylvania, and Raleigh she moved to Wilmington 2007. Lilly comes with a background in dance, movement, and theatre that all inform her teaching. Lilly was drawn to yoga after September 11. Her journey began in the aftermath of a tragic event as an act of service to self; however the path has taken her to a place of peace, joy, and desire to serve others. Her intention is to spread this spirit of yoga as service to help inspire healing throughout the world. Lilly is incredibly grateful to the many wonderful teachers with whom she has had the privilege to study.

