

## Heather

Heather Lilly (goes by Lilly) received her 500hr ISHTA Yoga certification in 2003. ISHTA, the Integrated Science of Hatha, Tantra, and Ayurveda, is a system of yoga that focuses on developing the individual from a holistic point of view. Since then her studies have included trainings in:

Yoga and Meditation - Hilary Garivaltis, Executive Director of the National Institute of Ayurvedic Medicine and founder of the Kripalu School of Ayurveda, Marlysa Sullivan, MPT, C-IAYT E-RYT 500 in Anatomy of Yoga and Therapeutic Yoga, Lisa Flynn in Childlight Yoga for Kids, David Emerson in Yoga for Trauma and PTSD, Deon deWet in Thai Yoga Therapy, Gabriel Halpern in Iyengar Therapeutics, Heather Till, E-RYT 500 in Pre and Post Natal Yoga, Donna Gardner in Meditation, Leatha Douglas in Meditation and Shamanic Healing

Yoga as service is a strong passion for Lilly, and led her to co-found Yoga Village, a 501c-3 non-profit dedicated to providing yoga services to vulnerable populations. Through YV she has worked to develop programs at Families First - Domestic Abuse and Sexual Assault Center, Boys and Girls Home of Lake Waccamaw - Orphanage for Foster Children, LINC - Residential Facility for those Recently Released from Prison, Communities in Schools Young Parents Group and A Safe Place - Residential Facility for Victims of Sex Trafficking. Yoga Village work continues to grow, and is a source of profound inspiration for her.