

Leigh Ann Handel

Leigh Ann Handel brings the knowledge of 4 teacher trainings and 4,000 hours of teaching experience to Brunswick Forest. She frequently says that her first training with Ana Forrest is the best decision she has ever made. Since then, yoga has permeated all aspects of her life and teaching has become her passion. Leigh Ann practices and teaches yoga as a tool for building deeper awareness and healing. She is a firm believer that classes with wheelchairs and classes with handstands can be equally beneficial, and that every student's body is different. Expect precise alignment cues, intelligent sequencing, and a lightheartedness not normally associated with yoga.

