

## **Bill Dial, E-RYT 500, YACEP**

Bill graduated from the 200 and 500 hour teacher training program at Shanti Yoga School and is a registered teacher with Yoga Alliance. Bill's training and practice is grounded in Vinyasa Karma (art and science of combining the elements of Yoga in a sequence that makes an effective and safe practice) and the study of foundational yoga scriptures.

His ongoing education includes attending many workshops taught by world renowned teachers including Mark Whitwell, J. Brown, Sara Ivanhoe, Annie Carpenter, Baxter Bell, and Micheline Berry. Bill is also a teacher within the Shanti Yoga School. His personal practice and self study education includes The Heart of Yoga, The Yoga Sutras of Patanjali, and Tantric Philosophy, as well as other Yoga philosophical texts.

For 12 years Bill has been teaching at studios in Boise, including Yoga Tree of Boise, Sage Yoga and Wellness, Yoga for Life, and at the Boise Athletic Club.

His practice implements modifications and adaptations in order to be more available to a wider spectrum of people. Bill links the movement of the body and the movement of the breath, leading the student through a series of postures to strengthen and build flexibility, which also promotes stamina and inner calmness. If you enjoy a group practice that is a little slower, without force or strain, then Bill's classes are for you.

When Bill is not on his mat, he enjoys time with his wife, children, and grandchildren. Bill is also a practicing Landscape Architect in Boise.