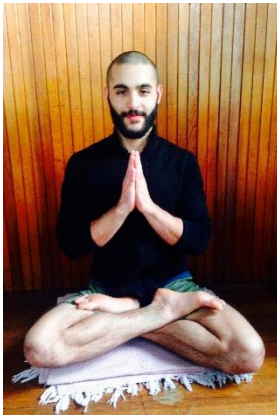


## Yoga Instructors



### **Ramelle Adams**

Ramelle has integrated yoga practice into her life and professional work ever since high school. She started dancing professionally in New York City and then headed to Madison, Wisconsin to study anatomy and physiology while obtaining her M.S. in Physical Education. After completing her M.F.A. in Dance, she returned to Boston to join the dance faculty at BU. As a teacher, she changed her focus from dance to yoga after completing her 200-hour RYT Yoga Alliance Teacher Training at JP Centre Yoga with Daniel Max and Magi Pierce in 2015. She brings her training as a professional dancer to her teaching of yoga and her classes focus on alignment and injury prevention.



### **Esteban da Cruz**

Esteban is a long time mixed martial artist and bodybuilder. After an injury, he began to practice yoga with the intention of helping with the pain, and with the goal of returning to martial arts. When he started, Esteban did not know that he had entered a rabbit-hole while exploring and learning more about eastern philosophy and its many forms. He decided to take a teacher training, and began leading group sessions and private asana classes. Over the course of several years, Esteban attended a 200- and 300-hour YTT training to further his practice. His background includes Iyengar, Ashtanga, Slow Vinyasa, Restorative yoga, and heated Vinyasa experience.



### **Sharon Cardamone**

Sharon completed her initial 200-hour yoga teacher training program at the Kripalu Center for Yoga and Health in Lenox, Massachusetts in 1992. Since then, she has completed many advanced trainings in Ashtanga yoga and meditation worldwide and has been teaching yoga full time for 15 years. Sharon has studied with several master teachers, including Sri K. Pattabhi Jois, Manju Jois, Richard Freeman, and Nancy Gilgoff. In addition, she studies and practices the Dharma teachings of the Dalai Lama, which brings a depth of insight to her meditation instruction. She teaches with a view to help students learn the art and science of yoga and to inspire them to carry on the practice in their daily lives.



### **Evalyn Mehta**

Evalyn has been practicing yoga for 13 years. She took many classes under Rolf Gates, when Power Yoga was at a zenith. She found her teacher, Shiva Rea, in Boston, and completed a 300-hour training with her at Kripalu. Evalyn also completed a 500-hour course with Barbara Benagh, and gained a firm grounding in both yoga anatomy and injury prevention. She continues to study with talented teachers in the Boston area: Ame Wren, Daniel Max, Amy Coleman, and Alana Brennan. “The richness and diversity of their teachings keeps yoga fresh for me. I strive to blend all of these trainings and impart them to my students in my own style to meet their needs and improve their yoga practice.”



### **Kara Lydon**

Kara first discovered the power of yoga when she moved to Boston 10 years ago. Moving away from the corporate world, she kept coming back to yoga. For Kara, yoga is an opportunity to check-in mentally and emotionally, and learn more about herself. She strives to cultivate this joy of the physical and mental practice of yoga in her classes, so students walk out with a clear mind and an open heart. Kara completed her 200-hour teacher training in 2014 at Back Bay Yoga Studio with Lynne Begier, Ryan Cunningham and Goldie Graham. “A wise coach and dear friend said to me, ‘Stop asking yourself what you want to do and instead ask yourself who you want to be.’ I decided it was time to start being true and authentic to myself and embrace what naturally felt like me – yoga.”



### **Amanda Keller**

Amanda started practicing yoga at the age of 14. She developed her background in dance and gymnastics. In 2012 Amanda achieved her 200-hour Yoga Alliance Certification through Frog Lotus Yoga at Suryalila Retreat Center in Andalucia, Spain. Before coming to BU, she spent a year teaching and practicing in Colorado Springs, Colorado.