

**Michael Lear** is an internationally recognized Senior Trager® Bodywork Practitioner, Trager®Instructor and Ashtanga Yoga Instructor with a client base spanning five continents and including several Academy Award and Grammy winners as well as many persons of prominence in business and industry.

For over 30 years, Lear has been at the forefront of mind-body medicine, yoga and meditation. He has studied Yoga with Sri K. Pattabhi Jois, Ashtanga Yoga's founder, as well as with many of Ashtanga's foremost instructors. Holding a Yoga Alliance RYT 500 Certification, he teaches Yoga Anatomy for Yoga Alliance Teacher Certification courses and conducts workshops internationally. Lear has also been retained by some of the top yoga studios and resorts in the world.

In addition to extensive international relief service, Lear served locally for 10 years as a founding board member and Director of Court-Involved and Recovery Programs for The Shanthi Project, a 501c3 non-profit organization which conducts yoga and mindfulness classes at the county prison, juvenile center and throughout the area's school districts. In addition to developing and overseeing the criminal justice programming, Lear also served as a trauma recovery yoga instructor and lead teacher trainer. He has worked extensively within the prison and juvenile justice system. Lear was responsible for Shanti Project being awarded PA's first Federal Victims Of Crime Act (VOCA) grant for Mindfulness and Trauma informed yoga in a Residential Juvenile Treatment Center.

For more information visit: <https://michaelllear.com/about-michael/>

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