

Scott Lamond

Scott was introduced to the physical practice of yoga more than two decades ago by his spiritual teacher on a meditation retreat. He learned several poses and moved freely between them to uplifting music in the very early hours as preparation for meditation.

His experience with yoga deepened during a time of personal transformation, and he soon immersed himself into the practice and 200 hour teacher training at The Yoga Loft in Bethlehem, PA. Scott completed his 300 hour Ashtanga primary and intermediate series teacher training at Sun Dog Yoga Studio with Shari Simon. Scott also completed a 40 hour Primary Series teacher training with David Swenson, author of *Ashtanga Yoga, The Practice Manual*. Along with Shari and David, Scott has been influenced by Seane Corn, David Williams and local teachers including Mark Nelson, Britt Tagg, and Carrie Morgan.

Scott teaches yoga to help his students experience the openness, freedom, internal connection, and elevation of Spirit that are accessible to everyone. Scott feels a great honor to serve students in this powerful practice, and strives to meet his students where they are on any given day.

Scott teaches the primary and intermediate series of Ashtanga in Traditional Ashtanga Mysore, as well as led Primary Series, Ashtanga Foundations, Vinyasa and Gentle Yoga.