



LeRoy Titus



Yoga:

- 3 years of dedicated, regular practice,
- 10-month 200-hour yoga teacher certification from Fountain of Health Yoga School (a registered school with Yoga Alliance).
- Working toward 500-hour, and Para Yoga certification
- Teaching at Fountain of Health Yoga School

Particular Interests: Including the natural influences of nature in his lesson plans, cooking healthy meals and creating his personal taste of Chai. He is frequently hiking, biking, and playing guitar, piano, digeridoo, and hand drums.

Personal Quote: “Life is like a hiking trail: it has its ups and downs, bridges to cross, and views of how far we’ve come. It’s an adventure that gives us vision to see our might and allows us to take our unique flight.”

Quotes by Student: *During LeRoy’s classes I feel relaxed and inspired because I know that I’m totally taken care of with his knowledge, planning and thoughtful, clear instructions. Iw*

Bet you didn’t know: LeRoy has hiked and camped solo along a large portion of the Appalachian Trail, worked as a welder in heavy industry, lived and hiked in Australia, ridden the Canadian Rockies on his motorcycle and traveled across the U.S. in his camper van.

Bonus Facts: LeRoy was born in Germany and can make strange animal sounds that crack everybody up.