



Cindy Lucas

Runners' Edge Yoga

Cindy Lucas has been practicing and teaching yoga for over 14 years. She earned her Yoga Teaching Certificate from Sheridan College in Oakville. Cindy has studied Hatha Yoga with renown international yoga teachers Rodney Yee, Erich Shiffman, and Francois Raoult and has practiced at the Kripalu Centre for Yoga in Massachusetts. Cindy taught Hatha Yoga in the Niagara region through the Niagara District School Board in Welland and Niagara on the Lake; at Body Max Fitness, and White Oaks Fitness. She is a past member of the Federation of Ontario Yoga Teachers.

Cindy's practice follows the Iyengar style of Hatha Yoga. She is passionate about the importance of understanding the essence of each asana or pose. "I love Iyengar style because it teaches the foundation of the pose, how to align your body precisely."

Running has also been a part of Cindy's life for over 20 years. She is currently a member of the Runners' Edge Running Club and completed her first half-marathon at The Run for the Grapes in 2009.