



Annette Morgan

Annette has practiced yoga for over seventeen years. As an emergency room R.N. for the last twelve, she has developed a strong understanding of the anatomy and vulnerabilities of the human body. Her yoga practice has included studies in Kundalini Yoga with Gurtege in Los Angeles and Sat Jivan Singh in Manhattan, and she holds a yoga instructor certification with ISHTA yoga by Alan Finger in New York. Annette's classes are a combination of many styles of yoga with a strong emphasis on meditation, breathing, and relaxation. She teaches to all levels, encouraging and guiding those with prior yoga experience to go deeper into their practice while providing basic instruction and modifications for those new to the practice. Annette taught corporate health yoga with C.H.I. while living in New York City to help improve employee health and well-being, and, since relocating recently to Ohio, has established weekly evening classes and office lunchtime yoga programs. Annette looks forward to establishing her practice in the Lakewood area.