



**Marcia Camino**

Marcia received her yoga teaching certification in 2004 and is a 200-hour Yoga Alliance-registered instructor living in Lakewood, Ohio. She began teaching herself yoga in 1999 and dedicated herself to the practice in 2003. She has studied under acclaimed yoga masters Rodney Yee, Amrit Desai, Shakta Kaur Khalsa, and Manouso Manos and is grateful for the many gifts of her current Cleveland teachers. Marcia has practiced and studied several styles of yoga including Amrit, Kundalini, Bikram, and (rather lately) Ashtanga and is thrilled offering her eclectic background to her students. She has clocked over 900 classroom hours since embarking on the teaching path. A devotee of the art and science of yoga, Marcia believes that everyone can practice and, further, that through deliberate, regular attention to the breath, body, and mind, yoga can help us save ourselves and save one another. Her favorite quote is by Ralph Waldo Emerson: "There's no road has not a star above it."