

Anusara Teacher Community

Lily Fang Anusara Elements™ Teacher



Hi, I am Lily, a yoga teacher and a student of Benjamin Finnerty and a licensed Anusara Elements™ yoga Teacher.

I like Anusara yoga because it told me how to use my body in the yoga practice.

I, especially, cherish Benjamin's teaching method because it is humorous. The flow of his class stimulates students' potential and encourages them to become stronger.

I love Anusara's philosophy of keeping an open heart and believing that everything in my life is working out for the best .

Along with this philosophy and practice comes a state of Grace.

Particularly the teaching of Shiva and Shakti reminds me that I am whole and complete within myself.

The intelligence of the Heart and the universal and spiritual principles of creation are touchstones of Anusara, helping me and my students to make the physical practice more complete.

I am proud to be an Anusara teacher and to help others by sharing this yoga practice!