Didi Cowles completed her RYT 200 teacher training with Karen Anderson at Yoga Vail in Vail, Colorado. Her love of yoga developed slowly yet steadily through the years. As an avid exerciser, gym-goer, and sports fanatic she initially found yoga to be a bit “soft.” However, despite this hesitancy, she found herself continuing to return to the mat year after year. Without being able to put her finger on it, yoga gave her something she couldn’t get from her other exercise endeavors. She always left class feeling a little lighter, lengthened, and content. Today yoga is a vital part of her life. It keeps her flexible, grounded, and grateful. What inspires her most about yoga is the interplay between strength and calm, toughness and vulnerability. Yoga pushes these boundaries and challenges us to grow physically, emotionally, and spiritually. Didi is excited to be able to share her passion with others.