

Melissa Fountain

Lissa has been teaching and living Svaroopa Yoga in the Metro-Boston area since 1997. Having been a dancer, she understands the time and devotion it takes to stabilize deceptive flexibility and open the tailbone. She brings this compassion and inspiration to everyone she works with. She also enjoys supporting other teachers in their professional and personal growth, by serving as a Leading teacher (since 2004). Lissa is nearing completion of her Advanced Teacher Training, and has expanded her course offerings to include Beginning Meditation, Bliss Yoga and Svaroopa Flow. Her daily yoga is an enlivened mix of family life, teaching classes, yoga therapy sessions, and a deep commitment to her own asana practice and meditation.