

Nik Werner, nikmwerner@gmail.com



An avid runner, Nik went to her first yoga class in Albany, NY in 1999 to stretch her tight muscles and condition her mind to run longer distances. She sampled a variety of yoga styles including Ashtanga, Hatha, Bikram, and most influential, Power Vinyasa at the Cambridge, MA Baptiste studio in 2001. "I simply loved the practice. It challenged me physically, it was fun, and I found myself integrating the meditative aspects into my life on AND off the mat. That's when I knew yoga was much more than a way to stay in shape."

Nik completed her teacher training at Power Yoga Works in Philadelphia in 2006 and is a 200 hour RYT. In the winter of 2014 she completed University of Pennsylvania's Mindfulness Meditation program. She continues to run, completing the Chicago marathon in 2004, and can be found in the pool or on her road bike getting ready to compete in the Princeton, NJ ½ Ironman this September. She is particularly sensitive to the needs of runners, swimmers and other athletes.

"I teach yoga because I know how powerful the transformation can be and am honored to be part of others journey. This practice provides so many opportunities to grow – physically and mentally. I try to take it all one breath at a time and not take myself too seriously, encouraging my class to do the same."

Nik is a Healthcare Management Consultant at Vynamic in Philadelphia, where she also teaches yoga once a month. She is most inspired spending time on the trail with her family, Mike, Michael, Mary and yellow dog Bruiser.