

2018 Yoga Camp Deans

Lisa Harris and Kathy Bolte



Camp deans Lisa Harris (left) and Kathy Bolte (right)

Lisa Harris lives just down the hill in Redlands, CA where she has practiced yoga since 1998 and is an experienced yoga and movement instructor.

An avid learner and self-professed “anatomy geek”, she has received training and certifications in many styles of yoga, functional movement, embodied anatomy, and breathing practices. Her instruction marries traditional yoga with modern day practical movement biomechanics, along with self-massage to help you maintain your body better and improve your mobility, strength and flexibility.

Lisa leads creatively sequenced classes and workshops that include breath, embodied anatomy, deep relaxation and a good dose of humor! She is skillful at breaking down and communicating the intricacies of the human body and its movement in a very clear, concise and transformative way to help you improve posture, eradicate pain, and encourage you to move MORE.

She has created a natural, breath centered, therapeutic movement & yoga approach that will help you to move better in your body.

[Click here to learn more about Lisa on her website.](#)