***Sheila Leaden…***

Sheila Leaden (RYT 200) is a wellness advocate who has been immersed in the healthy living field for over a decade. She fell in love with yoga in 2007 and credits east coast yoga instructors Jen Ryan, Nicole Brezinski and Kristen Olson with instilling in her a wise foundation. Through her evolving studies of the ancient eight-limbed practice she continues to explore our universal connection and the integral role that yoga plays in centering the mind .

*"Yoga does not just change the way we see things, it transforms the person who sees”…* The Yoga Sutras pulse through and inform Ms. Leaden in her teachings, and she is known for seamlessly weaving wisdom such as this, from BKS Iyengar, into her weekly *Beginner* and *Restorative* classes. Sheila’s ongoing yogic exploration has taken her across the globe, with a concentration in India, and has included visiting the Iyengar Institute in Pune, the Sivananda Ashram in Ahmedabad, and the Isha Yoga Center in Coimbatore. The spiritual healing art of Reiki is another channel through which Sheila brings her eastern influences to the west. She is certified in Reiki levels I and II through the Usui System of Natural Healing. In both her workshops and the open yoga classes she leads in the Greater Boston area, Sheila’s students are treated to the rich mind and body sensibility with which she is empowered.

When Sheila is not on her mat, weekdays often find her working as an Ultrasound Technologist. She is also affiliated with *Pure Haven Essentials*, her newest venture, where she helps to educate consumers in the myriad benefits of healthy living.

A New England native, Sheila resides in Wilmington, Massachusetts with her family. She loves the fluidity of the seasons and finds in the natural world a perfect antidote to life’s accelerated pace.