

THE LANG'S YOGA BIO



Dennis and Kathy Lang are both certified instructors of Yin and Vinyasa Flow Yoga. They have practiced yoga for over 8 years and bring a different perspective to yoga instruction by co-teaching and incorporating demonstration with personal adjustments for proper alignment. The Lang's completed their certifications at the Asheville Yoga Center in Asheville, NC.

They are passionate about sharing their love of yoga, how it has transformed their lives and improved their health. As ambassadors for the local lululemon athletica store, they do community outreach and events promoting the many benefits of yoga. In addition, they conduct workshops and support special charity events throughout the Jacksonville area. For the Lang's, yoga has become a source of inspiration and an offering they want to share with everyone.

The married couple brings an abundance of knowledge and experience to the practice drawn from their attendance of many national workshops across the country with Rodney Yee, Baron Baptiste, John Friend, David Life and Sharon Gannon, Shiva Rea, Sean Corn, Paul Grilley, Sarah Powers and others. Their style is influenced by the traditions of Jivamukti, Ashtanga, Yin and Vinyasa Flow Yoga. Dennis and Kathy travel extensively participating in yoga classes wherever they go including New York, Phoenix, Washington DC, San Diego, Miami and Vancouver.

Dennis and Kathy are full time real estate professionals with Prudential Network Realty. "Real estate is our profession, but yoga is our passion".

They can be reached at 904-571-3154 or [click here](#) to send us an email.