

Teachers



Lynn Killberg Thoreson

Lynn has been practicing yoga for 7 years. She received her 200 hour certification from the [Zenya Yoga Academy](#) in Newport News, Virginia, in the Vinyasa style. She is a registered yoga teacher with the Yoga Alliance and has been privileged to study under the guidance of many inspiring instructors including; Christine Griggs, Beate Rose, Del Snyder and Dr. Dilip Sarkar.

Lynn is passionate about health and wellness and maintains an active lifestyle. In addition to practicing yoga she enjoys running and has completed three marathons. She also loves gardening and cooking delicious vegetarian dishes.

Lynn holds a Ph.D. in marine science from the Virginia Institute of Marine Science and currently resides in Sandston with her husband and five cats.

Debbie Nolen

Debbie is an experienced fitness professional with more than 20 years in the industry teaching yoga, pilates, spinning and other group classes. She is a Yoga Alliance Registered Yoga Teacher (RYT) with experience teaching many styles of yoga including Gentle, Hatha, Therapeutic, Restorative, Yin Yoga, Viniyoga, Vinyasa and Power, and Fitness.



Debbie carries the following yoga certifications:

- Registered Yoga Teacher (RYT-500) with an emphasis in yoga therapy
- Experience Registered Yoga Teacher (E-RYT-200) with over 1000 hours of teaching experience
- Registered Children's Yoga Teacher (RCYT) with over 150 hours of experience teaching children

Debbie lives in Chesterfield County where she enjoys singing in her church choir and restoring and showing classic cars with her husband.



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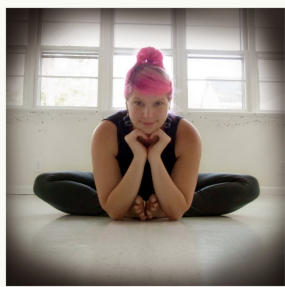
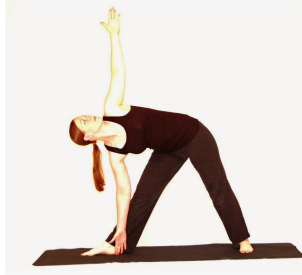
Ruth Ann Dunkerly

Ruth Ann joined our studio as a student in mid-2013 and will receive her CYT-200 designation through Adho Mukha Yoga in March 2014. A member of the Integral Yoga Teachers Association, she is also a reiki master with 10 years of experience in Usui, Kundalini, Moon and other reiki forms.

To schedule a reiki session with Ruth Ann, please contact her directly at ruthann@avaniyogastudio.com.

Cindy Slaughter

Cindy has practiced yoga for over 10 years and recently earned her RYT-200 certification. She takes a personalized and individual approach to teaching yoga and believes that yoga can benefit all body types. She has experience teaching Hatha, Power, Ashtanga, Gentle and Yin yoga. Cindy prides herself in making her classes accessible to beginners and intermediate students alike.



Twylah Ekko

Twylah considers movement as a metaphor for the ever-seeking stillness we are looking to cultivate in our lives. Her studies examine this journey and the connections we create in our daily interactions. In this way, Twylah's sequences are created in order to reveal an inseparable relationship between meditation and motion. Her classes are characterized by themes

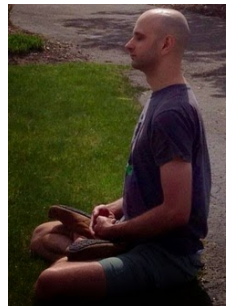
which explore a balanced blend of Yang and Yin movements with a constant focus on mindfulness.

Twylah completed her 200 Hour Teacher Training at Om On Yoga with J. Miles and Kelly Kostecki in the Richmond, Virginia, in 2013, as well as a 50 hour Yin Teacher Training with Biff Mithofer. She continues to study with her teachers and maintains a dedicated asana and meditation practice.

Bryan Shelly

Bryan Shelly's first and favorite yoga teacher is his mother Nancy, who introduced him to yoga as a way to relieve the back pain that comes from sitting at a desk all day. He has had a regular practice ever since.

Recently he completed his 200 hour certification with Tami Schneider at Cleveland Yoga and is eternally grateful to Lori Burgwyn, Mike Lyons, Andrea Martinez, and the rest of his teachers at Franklin Street Yoga in Chapel Hill, NC.



He has taught at Cleveland Yoga, Reed Yoga, and Acenda Yoga and is thrilled at the opportunity to spread the gift of yoga in his new home of Richmond.

He is a vinyasa junkie who hopes he can offer flows to his students that enliven the body, calm the mind, and soothe the soul. Yoga has brought so much joy, compassion, wonder, and strength into Bryan's life, and his highest intention is to share the practice so that others may feel the same.

[Home](#)

Feel Good Friday Classes
Start Your Weekend With Yoga
5:30 pm. to 6:30 pm.
All abilities welcome!

11/07 - Yin Flow
11/14 - Hot Flow
11/21 - Hot Flow
11/28 - Closed



Here's what our students have to say...

"I am so happy to have discovered Avani Yoga! The instructors are incredible as are the other students! Yoga has become such an important part of my life now." -- **Kathy F.**

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