

# Linda King

## **How many classes/years have you taught at LifeQuest?**

- I think I began Jan 2016; it is so much a part of my life it just feels like home!

## **Please list your most recent job title:**

- Outreach Coordinator St. Francis House Ministries

## **What is your educational background?**

- BSEE, MS BME. STL (Master's of Theology), RYT 200

## **Please list experiences, awards or recognition you've had which are related (or not!) to your upcoming class topic:**

- I've been teaching yoga since 2009. I love working with people of all ages and especially in more non-traditional settings like schools and churches.

## **Please tell us why you like to (or are interested in) teaching at LifeQuest:**

- I believe that yoga should be made available to anyone who would benefit from the practice. Lifequest is a perfect fit since other settings don't necessarily allow for a wide range of students who have varying degrees of experience in yoga practice or various degrees of fitness. I continue teaching at Lifequest because the staff and students there are wonderful!

## **List three distinctive personal facts about yourself:**

1. I had a Celtic band for twenty years.
2. I once won third place in a jalapeno eating contest- 11 peppers in under a minute!
3. I love dragons.