

My name is Danelle Blanton, also known as Dani. I am a loving wife, dog mom and yogi living in Northeast Texas off of Lake Fork, The Big Bass Capitol of Texas. I started practicing yoga because like many I was broken. I was trapped in my own body, not only physically, but also emotionally, mentally and spiritually. I found that once I made a commitment to self-care and a dedication to be present at practice that I began to come into balance. With time I was yearning for my moments on the mat. With these self-discoveries I gained perspective that my path in life was to learn this beautiful practice and share yoga with my community in Wood County.

I have been teaching yoga since January 2019 and with that time my method has been evolving by teaching both mat and chair classes and then seeing how many students could do things in the water that they could not physically do in a chair or on a mat. My love for water evolved into Lake Country Yoga where I do Yoga PoP UpS on land and water. I primarily teach at The Links at Lands End Golf Course, in Yantis, but I also PoP Up anywhere in Wood County including a women's studio, Serenity Yoga, in Mineola across from the Nature Preserve. As I continue to grow as a teacher my classes have transformed into a fusion of Hatha, Restorative, Restorative Flow and Happy Feet. I am a big believer that yoga is for every body no matter how small or big, old or young, no matter our shape or color, gender or stage in life and everything in between. So when the opportunity to get certified to teach children's yoga presented itself I jumped!

It took some time to find my place in Wood County teaching children's yoga and that is okay because I love a challenge. I continued to knock on doors and created teaching opportunities and many of them backslid into the abyss of nothingness. If this ever happens to you I encourage you to keep knocking on those doors and eventually you will fail forward. I failed forward into Winnsboro Center of the Arts Musical Theater Kids Camp and I am so happy to be here. I am learning that I enjoy teaching with a curious child like mind but then bringing it home with life skills and a tool box to deal with the challenges of growing from a tiny human into a well rounded healthy full grown adult. Who knows where the journey will take me but I assure you I will be riding the waves!

Much love and many blessings,

Dani

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~Let's make some waves~

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