

Doug Keller E-RYT 500



Doug has a strong background in the alignment-based styles of Iyengar and Anusara Yoga®, as well as in yoga philosophy and yoga therapy. He was a regular columnist in the internationally renowned magazine Yoga+ and is the author of several books covering all aspects of yoga practice.

Doug holds a Master's Degree in Philosophy from Fordham University, and travels nationally and internationally, teaching workshops in philosophy and pranayama as well as hatha yoga. And of course he teaches regularly at the Health Advantage Yoga Center!