



Joan Hyman

Short Bio

Joan Hyman's grounded teaching style seamlessly supports her students as they emerge from their practice with the rich and bright energy that yoga has to offer. Joan's teachings come from an organic and intuitive place, as she draws upon the combined studies of Ashtanga and Iyengar yoga as well as Ayurveda and meditation. An authentic modern-day yogi, Joan's love and devotion show up in her practice and throughout her teaching. You will leave her class feeling transformed and deeply aligned.

Joan spent fifteen years as a distinguished YogaWorks Senior Teacher before bringing her expertise to Wanderlust as the Director of Teacher Trainings in 2016. Now, with over twenty years experience leading retreats, trainings, and international workshops, Joan travels the globe and teaches online, leading her own signature trainings. She has created [The School of Yoga](#), which is a professional education program, helping students and inspiring teachers to work towards their five hundred hours Yoga Alliance Certification. A leader in the yoga community, Joan's open-hearted approach to teaching yoga keeps both her inner spirit and her students continuously evolving.