



Joan Hyman

Medium 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 continues to travel the globe leading her own signature trainings. Joan created [The School of Yoga](#), which is a professional program that offers continuing education, including a team of teachers who are experts in their field of study. Joan continues to partner with yoga schools world wide to help develop high quality teacher training programs and make the practice of yoga accessible to everyone!

As a leader in the yoga and wellness community, Joan also contributes to popular blogs such as International Yoga, Yoga Journal, and Wanderlust. She has been featured in conferences and festivals around the world, and offers her teaching online and live in person helping to accommodate an international community of yogis.

Joan's open-hearted approach to teaching yoga keeps both her inner spirit and her students continuously evolving.