



HEALING FROM AN EATING DISORDER,  
DEPRESSION, ANXIETY, and YOGA as a  
PART OF RECOVERY

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RYT-200. YOGA BY LESLIE  
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I am a dancer and a registered yoga teacher based out of East Tennessee. I have been dancing since I was a little girl and took up yoga when I was 16 when I went on hiatus from ballet. In college I pursued dance, exercise science, and dived deeper into my yoga practice. Towards the end of my college career, I went into recovery for an eating disorder and to seek help with my depression and anxiety. Yoga was a major part of my recovery, which fueled my desire to teach and reach out to others. My goal is to one day become a yoga therapist and work with those in recovery. Let us find inner peace through the play and practice of yoga.

PHOTO: KATIE NORRELL (SILVER HIGHWAY)