

Bernie has been practicing yoga since 1997 and teaching since 2000. He received his certification as a Kripalu Yoga Teacher and RYT 200 in June of 2000. In 2002 he was initiated by Yogarupa Rod Stryker in the Sri Vidya tradition. Bernie is a senior student of Rod Stryker and in February of 2006 he obtained his RYT 500 through Rod's ParaYoga Master Teacher Training Program. Bernie is the Editor of the ParaYoga Master Training Manual. He has also earned an Ayurvedic Lifestyle Educator Certificate from The American Institute of Vedic Studies in 2005.

Bernie is a senior teacher in the ParaYoga tradition that emphasizes the art of personalizing yoga and meditation practices for each individual. Rod Stryker describes ParaYoga as: "It is based on the belief that each of us has the right and capacity to realize a life brimming with joy, meaning, and purpose...ParaYoga is a process of self-mastery – distilled from the best of Yoga's ancient traditions – to help you fully celebrate the gift of life."

Bernie has studied with several of the top yoga masters in the United States, including Rod Stryker, Pandit Rajmani Tigunait, Erich Schiffmann, and Tias Little. Bernie's intention in teaching is that at the end of each session the student will feel deeply relaxed, but even more important have a greater understanding, knowledge and appreciation of yoga and one's true Self.

"As human beings we're blessed with choice. By taking personal responsibility and empowering our Self we can enrich all aspects of our lives. We create our own individual path as we experience the teachings, tools and techniques of Yoga along with living a healthy lifestyle."