



Bio: Joel DiGirolamo

- Author:** Yoga in No Time at All (2009)
- Began Practicing Yoga:** 1967
- Current Practice:** Ashtanga Yoga, a dynamic and vigorous form of Hatha Yoga
- Training:** 2002 to present with Helen McMahan (Kundalini Yoga) in Mauckport, IN
2004-2007 with Zivorad Mihajlovic Slavinski in USA, Italy, and Sweden
PEAT (Primordial Energy Activation and Transcendence) Therapy
2006 with David Swenson in Louisville, KY
2008 with David Swenson in Columbus, OH
2008-2009 with Amanda McMaine in Lexington, KY
2009 with Sharmila, granddaughter of
Sri K. Pattabhi Jois (founder of Ashtanga Yoga) in Bangalore, India
2009 with Ginger Garner (Yoga Therapeutics PYT I) in Lexington, KY
2010 with Kino MacGregor in Louisville, KY
- Education:** 200 Hour Yoga Teacher Certification
- Teaching:** Ashtanga Yoga
- Speaking:** Keynote speaker
Experienced in television interviews
Comfortable with press interviews
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