

**SHANNON LOWRY, CERTIFIED YOGA TEACHER**  
**B.S. AERONAUTICS,**  
**TEACHES KUNDALINI, FITNESS AND HAWK HOT YOGA WORKOUT**



Shannon began Kundalini Yoga in June 2013 at Yoga Lola and is grateful for not only the physical benefits of Kundalini, but also the spiritual growth it has provided her. Her sports background is in powerlifting and surfing, but unfortunately back injury cut her powerlifting career short. She does however, still enjoy lifting weights and passing on her knowledge of fitness, nutrition, and a holistic lifestyle on to others. Shannon is an ISSA Certified Fitness Trainer.

One of Shannon's favorite past-times is coaching her nephew's baseball team and passing on the importance of having fun while maintaining a competitive spirit. Always up for something new and a fitness challenge, Shannon is a graduate of the 2015-2016 Yoga Lola's Teacher Training Course. She is also a Level III Master Reiki Practitioner.