

# COMMUNITY LEADERS:



## DIANA RODGERS

Sacramento  
Founder. Teacher. Yoga Across America.

I created We Yogis to be an inclusive, inspiring atmosphere to promote health and fitness for the entire family. I strive to shine positive light—warmth, encouragement, a smile—throughout the studio. If we all shine positive energy, it is truly contagious. So many search for more than just fitness when they visit, and this light is what makes them return.

[weyogis.com](http://weyogis.com)

PHOTO: DANIELLE DOBY



## DENISE VERES

Easton  
Yoga teacher. Founder. Executive Director. Shanthi Project.

I teach yoga, meditation, and positive coping skills, but mostly, my fellow Shanthi Project teachers and I come in peace and share in peace. My vision is that our troubled, vulnerable, and in-need students catch a glimpse inward through our service. My mission is to foster this inner peace into everyday reality, where it can spread through family, friends, and community.

[shanthiproject.org](http://shanthiproject.org)

PHOTO: BRIAN HEWITT



## ASCENDANCE PROJECT

Boulder

The continuous flow and grace of rock climbing inspired me to combine my passions: climbing, dance, and music. I founded Ascendance Project in January of 2006. We perform choreographed movement on a climbing wall. Without ropes or suspension, our dancers use sheer strength to overcome gravity with style and fluidity.

[www.ascendanceproject.com](http://www.ascendanceproject.com)

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