



Yoga Classes at Desert Camp Community Center

DC Ranch yoga instructors

Abbie Chapman

Abbie has a strong understanding of corporations and the wellness needs of their employees, with a business and consulting background and 10+ years of experience working in the corporate world in IT consulting. After getting her yoga teaching certification in 2008, Abbie began teaching yoga at various local studios including Energy Yoga, Life Power, and Yoga Village. She started Now and Zen Yoga with the mission of bringing yoga to the workplace to improve physical and mental well-being.

Linda Santopietro

In 2003, after moving from Rhode Island to Arizona, Linda obtained her original teaching certification and started teaching yoga in several area yoga studios, health clubs, luxury resort spas and corporations. She holds a RYT 500 status from Yoga Alliance, and has studied various disciplines of yoga, including ParaYoga, Anusara, Iyengar, Vinyasa, Restorative, Yin and Yoga Nidra. Her infinitely wise and inspiring teachers are Mary Bruce, Lynn Matthews, Jordan Kirk and Martin Kirk. Linda's teaching weaves together the principles of alignment, intelligent sequencing, awareness of breath, Ayurveda, and the richness of Tantric philosophy with thoughtful readings and themes, visual meditations and inspiring music. For Linda, yoga is all about awareness, and she encourages students to fully experience the benefits and transformation it provides.

Vanessa Ernst

Growing up in San Diego and New Mexico, outdoor activities—biking, snowboarding, hiking and swimming—were a way of life for Vanessa. Her introduction to Iyengar yoga came in 1998 with Carlyn Sikes at Scottsdale Community College. She was further inspired and encouraged by Marivic Wrobel, then a desire for stability and peace led her to enroll in At One Yoga teacher training, receiving a 200-hour YTT Certification in 2014. Vanessa credits yoga with helping her to change the course of her life, to accept and adapt to where she has been and to be prepared for the new challenges ahead. She believes in the transforming power of yoga, of reaching a place of awareness and enlightenment.