

**Lisa Chetalo is a 200-hour trained yoga teacher. Her classes not only put the fun back in yoga but you can also expect a fulfilling practice. She leads from the heart on and off the mat. She has taught yoga for almost 10 years at Itswell Yoga & Paddle, the beach, farms, and is most known for her charitable classes at the Cape May County Zoo. Her children (human & furry) are her life's passion and the love she shares with all is contagious whether you've known her for one minute or a lifetime.**