

Bobbe Norrise

Bobbe Norrise is the first black yoga teacher to publish a "how to" yoga manual, "Easy Yoga for Busy People", depicting predominantly black students. She is a Certified Iyengar Yoga Instructor who has been teaching yoga since 1976. The mother of three, and a devoted wife to husband Cozy, Bobbe's, up-beat personality makes her a well sought after yoga teacher in the community. She is also certified by the American Yoga College and is registered with the Yoga Alliance at the 500 hour level. She has taught Hatha Yoga at San Francisco State University in the Dept. of Kinesiology for 19 years and Contra Costa Community College and Club One Fitness.