



Mike has been involved in sports and training most of his life. He competed in high school football and swimming as well as college swimming and water polo where his Iona College Division 1 team was ranked 15th nationwide. He still takes part in pro wrestling and weightlifting to this day. Several years ago Mike discovered yoga and in turn Mike discovered himself! And has loved yoga ever since and decided to teach and bring it to others. In addition to being a Yoga Alliance Registered Yoga Teacher Mike is a P90X Certified Trainer and NASM Certified Personal Trainer. He is currently a police detective and lives with his wife of 18 years, Lynn, and their two children, Sean & Anna Mae. -Mike Quinn