

# ***Marion Roberts***

*Artist biography*



Marion Roberts considers herself a Renaissance soul. That's how she felt when she saw the title of a book written by Margaret Lobenstine. *The Renaissance Soul: How to Make Your Passions Your Life—A Creative and Practical Guide* is a handbook to leading a creative, passionate and multifaceted life. A life big enough to embrace all your dreams.

When Marion quit smoking that was her first step into this new way of living. Eight months later, she began attending hatha yoga classes and learned to breathe life into her body. The idea of becoming a certified yoga teacher entered the scene three years later. It wasn't so much about becoming a teacher as it was about deepening her yoga practice. Marion has been teaching in the tristate area of Illinois, Iowa, and Wisconsin since 2004. Yoga has opened many doors and an occasional window, for the betterment of all.

Marion is a skilled and enthusiastic teacher. Her compassionate approach puts students at ease. She places emphasis on the breath, which brings one deeper into the practice. Breath is the key. It is this life force, the pranayama – Sanskrit language of yoga – which puts participants in touch with the Divine in all.

In addition to yoga, Marion is a published author, motivational speaker, actor, artist and adventurer. She volunteers regularly, travels frequently and lives joyfully. She is a blue-eyed red-haired woman, who lives in Galena, Illinois, in a miner's cottage with her affectionate feline, Alivea.