

Jeremi Dilworth

After graduating from The North Carolina School of the Arts with a BFA in dance Jeremi began studying yoga with Iyengar veteran Genny Kapuler. She began teaching yoga in 1995 while completing her license in massage therapy. From her background of classical dance, work in BodyMind centering, and her deep investigation into yoga based on the work of B.K.S. Iyengar and the Alexander technique she has developed an eclectic and specific style of teaching. She maintains a parallel career in childbirth education and lactation counseling teaching childbirth and parenting classes in New York City, Bucks, and Mercer counties. As a home-schooling mother of two she is constantly humbled in the pursuit of balance.



“Jeremi is the best!! Finally, a yoga instructor who understands my body and its limits. I have hip and back issues along with high stress. After Jeremi’s class my body feels relaxed yet stronger.” Betty Croll

“Jeremi is the best yoga teacher ever!! She epitomizes grace in yoga. She’s very articulate...the things she says and how she says them in her soft and calming voice make her classes what they are.” Karen Wilson

“I have learned so much about yoga through Jeremi’s teachings. Her classes are challenging, but she’s always there to help me through the tough parts. When I’m finished with her class I feel energized and relaxed. She’s an awesome instructor! Anonymous