

**Abby Lentz**  
**Founder, HeavyWeight Yoga®**  
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**HeartFeltYoga.com**



Innovator and wellness pioneer who over a decade ago created HeavyWeight Yoga, a yoga system that can be done safely and effectively by people affected by obesity  
Producer of award winning DVDs: *Yoga for the Body You Have Today*  
*Change the Image of Yoga* and third DVD, and *Five By 25* released January 4, 2015  
Creator of a yoga movement component for the Children’s Medical Center of Dallas pilot program for children with obesity and their family members

*Fitness Magazine* Fit 50 List: The Best Breakthroughs for Your Health  
*More Magazine*: Best Workout DVD Dozen and Best Yoga DVDs  
OAC Bias Buster Award 2014

CNN Featured news report  
Expert panelist on the PBS Civic Summit: Obesity, Weight Loss and Body Acceptance  
Cast member of the documentary “All of Me” (Festival version)  
PBS Short featuring the “All of Me” Girl’s yoga class  
Guest on nationally syndicated show Better TV  
Guest on Great Day lifestyle shows in Houston, San Antonio and Austin; news health report in all major Texas media markets  
Presenter Wellness and Bariatric support groups

Featured in New York Times , US News and World Report, Chicago Tribune, Sun Sentinel, Redbook, More Magazine, Heart Healthy Living, American Fitness, Woman’s World, YogaFit Magazine, Natural Solutions, Austin American Statesman, and Austin Fit

Founder HeavyWeight Yoga® and the HWYTeacher Certification Program  
Faculty member, Sundara Integrative Yoga Therapy Teacher Training  
Kripalu Yoga Teacher Certification, 2004  
Yoga practitioner for over 42 years

National Conference Presenter: “Yoga is Not a 4-Letter Word” at Obesity Help, 2014  
Yoga presenter/instructor at OAC Conferences: 2012, 20013, 2014  
OAC Expert Panelist 2014

Wikipedia entry as HeavyWeight Yoga.

BA, Sociology, University of Texas at Austin (1982) graduated Summa Cum Laude  
Presidential Scholar (both Junior and Senior years)  
Phi Beta Kappa, Phi Kappa Phi

Goal: To change the image of yoga so people of all sizes know that yoga can be done by anyone, regardless of weight or circumstance. While yoga is often found on lists as an option for exercise, stress reduction and body change, the general belief is that people affected by obesity feel they have to lose their weight first before trying yoga. This misconception means that they don’t have yoga as a tool to get them moving, to calm their minds and to steady their hearts — both in function and in spirit.