



Background / Experience of Director / Lead Trainer, Stephanie DeZern

Stephanie DeZern was born in Indiana, raised in Texas and then she set off to travel the country. As a newly divorced, yet “seasoned” 20-year Special Operations (SOF) Military Spouse, Steph is known to be “7-degrees” to many in this “small” community. Steph was always active in sports, and from a young age, she’d tell people her dream was to be a yoga teacher.

During a deployment in September 2014, Steph received the dreadful call that her then husband had been shot twice during a green on blue attack by Afghani Soldiers. Little did she know, the new Caregiver life that came with his injuries and recovery would be one of the most challenging times that she would ever endure. After one-year of recovery, Steph attended a SOF Caregiver Retreat where her yoga practice deepened to levels she never fathomed. The retreat profoundly transformed Steph’s perspective and approach. The tools and insights she gained enriched her own journey and ignited a passion to share invaluable resources with fellow SOF families. Upon her return, she enrolled into a 200-Hour Yoga Teacher Training. Then 28-days later she graduated, and immediately began teaching the community.

In 2019, Steph began leading SOF Caregiver Retreats herself, just as she had attended in Montana four-years prior. Listening to these women’s stories during each retreat, she knew there was more that needed to be done. With her own marriage suffering the effects of the SOF lifestyle, she began researching what she could offer to improve this community’s well-being. Meanwhile, Steph completed her 500-hour Yoga Teacher Training, with a focus on the needs of our community. Upon receiving her certification, Steph completed two Lead-Trainer programs, specialized continuing education courses and began writing her manual for Lotus River Wellness to become a Registered Yoga School with Yoga Alliance.

Stephanie brings this 200-Hour Yoga Teacher Training program to America’s Elite families to inspire wellness, healing, and transformation. She wants to provide access to quality yoga education that aligns with the goals and values of our community’s future.