



Denise Hatch, founder of Yoga Sports Performance, is a licensed hypnotherapist, certified Anusara yoga teacher - E RYT 500, and leads the way for the Global Feminine Potential Movement. Her clients are high-level professionals who want to operate at their greatest potential. She currently works with elite athletes in the NFL, MLB, and motor sports, as well as business executives, creative writers, and artists—people who want to find and listen to their soul's calling and thrive outside of a conventional system. Her mission is to align her clients to their full brilliance, so they can put it to work to create a better world by living a more purposeful, joyful, and healthy life.

Denise studied finance, nutrition, and exercise physiology at UNC. She earned All-American honors in springboard and tower diving, and competed in the world championships in outrigger canoeing. She has also worked at the Mayo Clinic as an instructor in a pilot program that explored the healing effects of yoga on sleep disorders and anxiety.

Her most influential education came from sitting at the feet of the 13 Indigenous Shaman Grandmothers, watching them heal what medicine could not and hearing the visions of what is to come. Working with these powerful women—who had very little formal education but great intuition and wisdom—helped Denise understand that knowledge is just knowledge until it is paired with a deeper insight that we all have access to. Now more than ever, we are being called forth to offer our unique gifts and talents. It is time for a reawakening, an igniting of our innermost passion, our innermost calling—what the grandmothers call "our medicine." Denise helps her clients access this medicine by employing her yogic teachings, ritual, and clinical knowledge of neuroscience and physiology to remove psychological and energetic blocks, providing a clear pathway to success.

Currently living in upstate New York where she offers 200 hour yoga teacher trainings at Lakshmi Institute and her most recent passion is helping the feminine to find purpose and prosperity. She is living her heart's desire, and would like nothing more than for you to do the same.