



Meet Delian Lincourt, owner of Silver Key Yoga Studio...

1. Describe Your Business:

"It's interesting because I became a yoga teacher to teach yoga," Delian began. "But I am definitely more in the business of helping people get to a more authentic way of living. I spent much of my life not feeling like I could live as myself, and I want to help other people step into their truest selves." In addition to yoga, Delian leads guided meditation. She is looking to add other things to the business as well, such as book studies and yoga dance classes. "I want to help people get to a place where they can experience everything they really want to out of life," Delian concluded.

2. Tell us your story:

"My husband and I decided to change our lives," Delian said. We are working on creating the life that we've wanted." She said that she had had in the back of her mind she would become a yoga teacher eventually. "It was a New Year's resolution for 2017. But it was one of those resolutions that you make but don't think will happen for another year or so," she explained. That changed when she was accepted to Kripalu School of Yoga. Delian jumped into it with both feet and immersed herself in the month-long program. When she came back she built the studio. "When I became a yoga teacher I also became an electrician," Delian joked. "I had to put in all the lights and flooring. It is one of the most empowering things I've done because I built it with my own hands." Delian says that people often fall in love with the space before they even experience her class.

3. What has helped you succeed and gain experience?

"My husband," Delian stated. "He has been my support through all of this. I had to leave for about a month for the teaching certification as we were buying a building and changing our lifestyle. He has been there supporting, challenging, and sending me on my way in this regard." Delian added that she had an idea of a better way of living. "I wanted more freedom, deeper relationships, and more time with my husband," she elaborated.

4. What inspires you?

"So many things!" Delian exclaimed. "People who get real with themselves - and so therefore my husband because he has been that person for both of us." She said some of her heroes are Elizabeth Gilbert, Martha Beck, and Brené Brown because they endeavor to make their own lives the best they can be and work to help others do the same. "Making your life the best it can also gives to others. Being your best self opens the door to great relationships and allows one a greater capacity to give," she explained. "So, anyone who does that is very inspiring. People who choose to go against norms to live authentically are incredible to me, and I aspire to do that every day."

5. What keeps you up at night? What are your challenges?

"I have lots of challenges," Delian said. "Believing in myself and choosing daily to say that I am enough and I am capable. Most of my challenges are internal, and choosing to dwell on who I want to be verses what I might believe about myself is definitely a daily struggle. That is why I chose yoga! I stuck with yoga not just for physical reasons, but because it helps me see myself in the best way."

6. What is your favorite local activity?

"Anything that I can dress up for!" Delian said. "It doesn't have to mean gowns. It can be going to restaurant and putting on a perfect blazer. Anything where I can present myself."

**Silver Key Yoga Studio • 607-377-1519 • 41 State Rte 230, Dundee, NY 14837
<https://www.facebook.com/SilverKeyYogaStudio/>**