



Amanda received her RYT 200 hour certification from Yoga in Common in 2012 under the instruction of Angel Grant. Amanda draws her inspiration from a deeper practice that challenges the union of mind, body and spirit. She encourages her students to listen to their bodies so they may honor their practice by moving in a non-linear fashion. She believes that movement has a purpose and grounds us to our deeper calling so we may live with connection, sensitivity and joy.

She utilizes her other work as a professor at Coastal Carolina University in Women's and Gender Studies and as an avid Theatre for Social Change and Engagement practitioner to weave a social consciousness and activist spirit into our everyday existence.

“Don't judge each day by the harvest you reap but by the seeds that you plant.”

~ Robert Louis Stevenson