



Purpose and passion are my two favorite words and I have found both in yoga! I always found it hard to move slow, be quiet, and “relax.” As a full-time youth ministry director and mother of four, I am often rushing from one thing to the next. However after taking my first yoga class, I found I was able to complete tasks and be present in a way I had never thought possible for me! I enrolled in the 200 hour Vinyasa yoga teacher training at Yoga in Common soon after beginning yoga. My classes are energizing, powerful, and playful (don't be afraid to laugh during class). The Next Level class is a favorite of mine to teach! We focus on poses you might not see in your typical vinyasa class and my hope is that people will begin to step outside their boxes just a bit and truly see what their bodies are capable of when we let our minds get quiet and marry our breath to our movements.

-- Ashlee Landreth