



Carolyn was first introduced to Yoga 20 years ago, when it was being offered at a local athletic club. After having spent many years in law enforcement dealing with highly stressful, anxiety-driven situations, Carolyn turned to yoga to help alleviate stress and anxiety by regularly practicing asana and meditation.

Carolyn was able to experience firsthand the benefits from having a regular practice. She learned how to slow down, noticing her anxiety triggers by drawing her attention inward, and feeling relief from anxiety and stress. That is when Carolyn knew she had to share the amazing and life changing benefits with others.

Carolyn decided to deepen her practice and completed the 200 hour YTT program at Yoga in Common, Myrtle Beach, SC in December of 2016 studying under the guidance of Jodi Geoghan.

Carolyn invites you to experience a traditional, challenging, soulful, class that will also relax your mind.