



A former elite level competitive gymnast, Felice accidentally stumbled into her first yoga class as a 40 year old and immediately fell in love with the practice. There was an instant desire to study yoga asana and philosophy to heal her own body and soul.

In 2009 she achieved her first Yoga Alliance certification in Hatha Yoga, followed by another in Anusara Yoga and finally one Children's' Yoga.

Felice holds separate certifications in each of these styles of yoga and has studied extensively with internationally renowned teachers of yoga asana and philosophy such as Amy Ippolitti, Sue Elkind, Naime Jezzeny, and Douglas Brooks.

It is her life's passion and commitment to provide instruction to those who seek it, in a socially responsible, progressive, alignment based environment. My classes are designed to challenge you, strengthen you and help ignite a desire to learn more.

It is my honor to work with you.

Felice