



Before my move to Myrtle Beach, while raising two sons I was the owner of several successful hair design businesses in New Paltz and Kingston N.Y. for over thirty years. In New York, I practiced both slow flow and vinyasa yoga for ten years at Hidden Haven Yoga. An athlete by nature, I loved skiing, intensive hiking and was pretty much open to most sports until a painful knee injury curtailed a lot of my physical pursuits. I realized I needed to roll back my zeal for such sports.

Upon a move south, I found Yoga in Common and a bond was formed. Currently working for Runia Photography as a golf group photographer, I wanted to expand my horizons. In September of 2019, I began training under Stevie Goggins for my 200-hour Yoga teacher training and am now certified in Vinyasa Flow as well as Hatha and Slow Flow Yoga. I believe all ages can profit from yoga and that no one should feel uncomfortable or embarrassed to reap the benefits of a yoga practice.

Yoga is the journey of the self, through the self, to the self. “The Bhagavad Gita”