



I discovered the world of Yoga about 8 years ago and as a true Pisces, I was hooked. I have been teaching for over 4 years now and I enjoy teaching the benefits of yoga on the body and how each pose benefits you. I love when a new student enters the class and I can teach them from the ground up. One of my teachers taught a more gentle yoga and she focused on the way the poses and breaths benefits the body. I also studied under a

Hatha yoga instructor who besides being a personal friend of mine, challenged me and taught me more about the power of the poses. She helped me find the power in me I didn't know I had.

I am also certified in Hatha Yoga, Senior Yoga (Yoga for low mobility), Pre Natal Yoga, Restorative and Yin yoga. I enjoy leading people in meditation and relaxation as I believe people need to rid their lives of stress. I also love photography; I am a member of the Myrtle Beach Camera Club and The Seacoast Artist Guild and compete in Art Shows in the Myrtle Beach area. You can find my photography on my Facebook page, "Through Joanne's Lens". - Joanne Dagato