



### **Yoga changed my life.**

I was already veering off my self-laid path; stressful jobs, high debt, constant striving for more, though it never resulted in peace or happiness. I could feel that I was headed in the wrong direction, but I didn't know what that meant. Yoga, specifically yoga teacher training, brought it all into focus. It gave me direction; showed me that my gut feeling was right and set me on a new path. Now I want to share that opportunity of self-realization and transformation with everyone. Anyone who wants it. Anyone who has moments of clarity and sees the insanity in the way most of us live. The endless suffering, self-centeredness, addiction, distraction.

Teacher training opened my eyes, my heart, my body. I started teaching right away. In studios, at the park, on the beach, in people's living rooms, hotel conference rooms. I experienced new teachers as often as possible, taking as many workshops as possible. New styles, new energies, new spaces.

I took trainings that felt dear to my heart, including Street Yoga (trauma informed yoga training for homeless and at risk youth) and Heavyweight Yoga (for those with bigger bodies and mobility issues), Trauma Informed Yoga Therapy Training with Genevieve Yellin, Holistic Health Coach training through IIN. I'm currently working through my 800 Hour Professional Yoga Therapy Certification with Integrative Yoga Therapy.

When I was invited to lead my first teacher training, I knew with all of my being needed to do that work. Leading trainings is the most fulfilling thing I've ever done. I'll never stop learning from my students; I'll never stop growing from each training. It is magical!

Sharing yoga is my passion. It opened up a whole new world for me; one where my personal transformations were met with support, joy, love from a like-minded community. To share this with others; to offer just a glimpse of the beauty that is there waiting for us, is a dream come true.