



Hi! my name is Mackenzie I became a certified 200-hour Vinyasa Flow teacher under the instruction of the amazing Stevie Goggans at Yoga in Common in 2021. I began practicing in search of relief from chronic health conditions and found so much more in return. The benefits not only physically but, mentally completely changed my life, and allowed me to fully evolve, and find a deeper sense of healing that I couldn't anywhere else. I am a lover of the outdoors, and the ocean. I enjoy reading, writing/poetry, paddle boarding, kayaking, and boating (anywhere on the water you can find me) I previously worked with children of all ages, and still have an immense passion for caring for kids. I am an advocate for looking within, and finding that childlike wonder, and playfulness even in our adult lives as we navigate our way through this journey. I hope to allow others this gift of healing by simply going back to our roots of moving freely and finding the space to breathe and let go. I wish to help others find their magic by looking within, and using movement, and breath to intertwine the strands of the soul.

“Life isn't always about beating the waves.
Sometimes, it's about learning to breathe underwater.”
- L.E. Bowman