



Hello, I'm Meg. I'm a 200 HR RYT and an Usui Reiki level 2 practitioner, very soon becoming a Reiki Master. Yoga saved my life, and my dharma is to share the amazing healing power of yoga with others. Yoga helped me through tragic the loss of my daughter, has given me my purpose, and a deep healing that I am so thankful for. I love helping others see the light that's hidden within them, even if they have forgotten due to traumatic or difficult circumstances. I also hold a masters in counseling and am versed in various trauma trainings and have worked with children and adults in therapy. This also translates into my ability to help others on the healing path. I enjoy many different types of yoga, and love to incorporate reiki healing, deeply guided themes, meditation, visualization, and chakra work into my yoga classes.