



**Megan** came to yoga to find a way to express her true self. Her background is in vinyasa style yoga, focusing on linking movements with breath. She encourages students to listen to their bodies and move in new ways without worry of judgement. To her, yoga is a way to bring new space to your physical and mental body, both on and off the mat. Megan is a motivated and passionate new teacher, sharing her love of bodywork wherever she goes.

