

Megan Russell, 200RYT

Megan Russell is certified in Vinyasa Flow Yoga. She began practicing in 2013 and registered with Yoga Alliance after receiving her 200hour certification at Yoga in Common in 2019. Her primary teacher was Joann Ducey. Megan has a passion for holistic healing and health, finding self-love through various practices, and the special feeling yoga provides.

She also enjoys meditating and chakra work. Megan has a four-year-old son and a Weimaraner named Thor. She teaches others to find a way to step back from life and find their true authentic self and love every aspect. “Don’t hold back! Be you, all of you. The strong parts, the weak parts, the parts that are different and you are afraid to share- especially those! Those are your unique gifts. Those are the blessings that will help others grow. Let them Shine!” –Ashley Galvin.