



Nita received her 200 RYT training at Yoga In Common, Myrtle Beach, South Carolina in 2016, where her teacher, Jodi Geoghan inspired her to teach from her heart and have fun.

Nita discovered the gifts of yoga through her own personal injuries and her need to seek alternative fitness options for her body. She truly believes that yoga is the, "fountain of youth". Strength, balance and flexibility are all necessary components for any age.

Nita teaches a challenging but playful vinyasa class with an emphasis on alignment, safety and spiritual connection. She is passionate about empowering people to get out of their "comfort zones", try new things and see life as an adventure.

Namaste