

Rosemary has an eclectic background in various mind/body modalities. She came out of the womb moving and hasn't stopped since. Her passion for movement has exposed her to the worlds of dance, Pilates, tai chi, chi gong, and yoga. She was especially attracted to yoga and Ayurveda which has impacted her physical, emotional, and physical health in so many positive ways. Her goal is to share the benefits of these healing arts to all people in all seasons of life. Her classes are a balance of creative and flowing postures with an emphasis on alignment and detail, offering a safe and supportive practice for all. She received her RYT-200 hour yoga training at Yoga In Common, Myrtle Beach, SC and holds additional certifications with The Yoga Institute of Houston, TX, Yoga Ed K-8, Kripalu, MA, and Karma Kids, NYC. Rosemary is also a certified Stott Pilates instructor (all apparatus), a personal trainer with the American Council on Exercise, and holds a BFA in dance from SUNY at Purchase. Currently, she resides in Myrtle Beach, SC with her supportive husband, daughter, and three pets: Aussie, Margo, and Rosie.

