

Shelsea started practicing Yoga when she was 18 and almost immediately felt the urge to go through a teacher training program. In 2006, at the age of 20, she decided to go live at the Sivananda Yoga Ashram. She spent her days at the ashram studying Yoga Philosophy, Asana, Meditation, Kirtan, and Ayurveda. Since then, she has lived and taught in New York, Philadelphia, and the Washington DC area.

Shelsea has since taught for professional athletes, college sports teams, has lead yoga therapy classes for recovering abuse victims and currently has students of all different backgrounds and levels.

Shelsea believes in creative movement, great music, and positive energy. You will be sure to experience all three in any class you take with her. With a Bachelor's of Science Degree in Alternative Medicine, Shelsea uses her knowledge and healing energy to take her students to their ultimate bliss.

At the beginning of the year Shelsea had a vision to move to the beach. By September, she was packing up her house and heading south with her husband Chris, baby girl Kalina, and her pug Veda. She's beyond excited to be here!

