



I came to the practice of yoga through meditation. I was looking for a way to balance motherhood, farming and working as a floral designer. In other words, I was looking to keep my sanity! This being 1994 there was not much out there as far as studios go. I began corresponding with The American Yoga Association through Alice Christensen who had written their Yoga manual. I started my practice with their guidance in my bedroom. No mat, no music no fancy clothes, just me and my desire for change. I found peace, calm and a way to come into myself and explore. In short yoga changed my life! Yoga brought me back to me and that is something I want to share with anyone who will listen! Yoga and meditation saved my sanity and continues to do so.

I began to train as a reiki energy healer as well. Finally, it was time, I took yoga teacher training at Yoga in Common in 2021. I love to teach, mostly the quiet practices YIN, gentle, restorative and hatha. These practices allow us the time to get to know our beautiful souls and spirits, to love ourselves for all we are. I truly love the energy we hold when we practice together.

Om Shanti, Shanti, Shanti