



Sherry has been in the fitness industry since 1996. She has been a certified fitness instructor teaching various classes from indoor cycling to kickboxing to step aerobics as well as a personal trainer. She found her true passion in yoga and completed her 200-hour vinyasa teacher training in 2007 through Red Stone Yoga (now Asmi Yoga). She expects to be finished with her 500-hour teacher training through Holy Cow Yoga in Charleston by summer of 2018. She loves to teach vinyasa, but is also certified in gentle, restorative, yin, and prenatal. In her spare time she enjoys the beach, reading, and her two four-legged girls.