



*Breathing in I calm the body and mind  
Breathing out I smile  
Dwelling in the present moment  
I know this is the only moment*

**Thich Nhat Hanh**

Ben's focus is to recognize great potential within each individual. As a teacher he draws upon his experience as a performing artist, circus artist, theatre director, and yogi to create a safe, yet challenging, environment for self-discovery and meditation. He aims to share the joy of movement, camaraderie of practice, and the excitement of awareness with others.

Ben moved to Myrtle Beach from Honolulu Hawai'i in 2014 to work as a theatre professor at Coastal Carolina University BFA's Physical Theatre program. Ben earned his RYT 200 from Yoga in Common in January 2016 under the instruction of Jodi Geoghan.