

Stevie is a lover of sunshine, exploring the world, and sharing yoga. She is a 500-hr Yoga Alliance Certified Facilitator. She has been teaching yoga around the world for nearly 5 years and she is always grateful to come back home to Yoga in Common, where her yoga journey began. Yoga has been life changing for Stevie in the realest sense. She struggled for many years and finally found peace in her own body and mind and heart through the practice of Yoga Asana and other yogic practices such as meditation and mantra. Yoga helped her find connection, love and truth in her own heart. Her passion now is sharing these gifts of yoga and meditation with anyone and everyone. Everyone deserves this medicine and it is accessible and available to anyone who is willing to try it.

