



I began practicing yoga consistently about five years ago. I had done it on and off through my 20s and 30s, but running was more of my main form of exercise. Only when my knees started bothering me in my early 40s (combined with going through some major life changes) did I see the real value of yoga. It healed me on so many levels. When I moved to the area about a year ago, I decided to take the YTT course at YIC under the incredible Stevie Goggins and earned my RYT200 in January. I learned so much and continue to learn as I teach. My goal is to help people find the kind of inner joy, body awareness and strength that yoga has brought me. I also teach high school English and journalism.