



## Taylyn Reine

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Taylyn Reine has her 200 hundred hour training in the style of traditional Vinyasa at Yoga In Common, with the commitment to include Forrest concepts and other modern influences. She has a strong understanding of anatomy and an affinity for therapeutically powerful sequences. She is a recent graduate of Elon University, where she earned her BFA in Acting while also serving as a Group Fitness Instructor and the Head of Wellness on campus. She has led workshops in accessible yoga and physical adjustments and assists, as well as continued her training in the health and wellness field. She now has experience teaching Barre fitness, Cardio Hip Hop, and Cycling, and her most recent endeavor is her commitment to completing her ACE Personal Training Certification.

After an extensive knee injury, surgery, and recovery, she became committed to helping students/practitioners on their emotional and physical journey toward recovery of their own spiritual or physical ailments. She views her yoga teaching and practice as a universal tool to combat both past and present traumas, which has proven especially useful in the world today. She is particularly committed to the healing abilities of powerful, athletic sequencing and meditation. While she is fascinated by ayurveda, yoga nidra, energy work, and endless other aspects of the Yogic path, her main passions are finding connections with others and the intersection of mind, body, and soul.

She wishes to remind you that all that you need is within you, and she extends you the invitation to join her on the mat and prove it.