



My love for yoga began shortly after a battle with cancer in 2003 that left me with PTSD. I began practicing at Fuel the Soul, in Merrick, New York, after trying yoga at a gym and then at another studio. Yoga taught me how to find peace and to always be present, not focusing on the past. I have taken this peace and tranquility off my mat, and applied it to my life.

Fuel the Soul became my home and I completed my 200 hour teacher training there in 2014. Yoga became my passion. I learned so much about myself and how to be the best me that I can be. This is something I have always strived to teach my students.

I taught at two studios in New York for 5 years prior to moving to Myrtle Beach. While trained in the Ashtanga style of yoga, over the years, my teaching transformed to Vinyasa Flow. I had many wonderful yoga teachers, and this is the style I appreciated and enjoyed the most; the style that enabled me to find my meditative state; the style that always kept me present. I love sharing my flow with my classes. I look forward to doing so at Yoga in Common, and teaching my students to overcome trauma or just troubles of daily life; to just leave it all outside the studio and breathe with movement.

In addition to being a yoga teacher, I taught high school mathematics in New York for 30 years and recently retired in November 2018.