



Marty Crocker - Visiting Yogi

Marty Crocker, fondly known as "The Wandering Yogi," can be found teaching yoga and performing massage all over the Lowcountry, and now we welcome his energy and essence to Dancing Dogs Yoga. Previous owner of the Beaufort Yoga Center, Marty started his training and practice in the Ashtanga discipline. Marty prides himself on offering clients what they desire, with compassion and keen sense of what the body is telling him. Thai massage was a way for Marty to enhance posture adjustments in yoga class, so when the chance came up to study with a Thai Monk, he hopped in the car and headed for the hills.

Marty offers a class that is very hand- on, full of wonderful adjustments and simple instruction. Drawing from a wide variety of physical practices, massage techniques, and personal practice, Marty focuses on "feeling good". His class appeals to all levels and body types. He wants you to "feel" the class and understand the practice in your bones.

Marty completed a national certification for massage with South Carolina Massage Institute as a means to advancing his studies in Thai bodywork and yoga. No session is ever the same. His work is always changing. Marty prides himself on offering clients what they desire, with compassion and keen sense of what the body is telling him.

"Thai massage was a way for me to enhance posture adjustments in yoga class, so when the chance came up to study with a Thai Monk, I hopped in the car and headed for the hills. I offer a class that is very hands-on, full of wonderful adjustments and simple instruction."

Before yoga and massage, Marty was in the golf business. Golf is still his favorite hobby and he still enjoys teaching the game to students looking for a different approach to golf, one rooted in the basics of yoga philosophy.