

Mimi Rose - Affiliate Instructor



"Yoga is one of the most extraordinary spiritual sciences that mankind has ever discovered. It is like a gem of great proportions, containing many facets whose light can illumine the whole of our lives with great meaning." (from Yoga and Ayurveda by David Frawley)

"For the yogi or yogini the body is a laboratory in which pure alchemical gold (ie: enlightenment) is produced out of base metal (ie: the unenlightened mind). In the process, the body itself is modified. In fact, the goal of traditional Hatha-Yoga is the creation of a "diamond body" (vajra-deha) that is immune to aging and death..." (from Yoga Gems by Georg Feuerstein)

The practice of yoga has been in my life for over a decade. The teaching of yoga has been a gift that was given to me that I have shared with others for the past 5 years. My teachers include Manju Jois, Doug Keller, Paul Grilley, Desiree Rumbaugh, Rolf Gates, Shiva Rea, Bryan Kest, Gurmukh, Sharon Gannon & David Life, Manorama, Ruth-Lauer Manente, Julie Wald, Tari Prinster, and Kathryn Budig. My certifications include Integral yoga, children's yoga, corporate yoga, pre-natal yoga and aqua yoga. I currently teach chair yoga, mat yoga and aqua yoga in Charleston and Myrtle Beach. Classes include power yoga, beginner's yoga, pre-natal yoga, hot yoga, vinyasa flow yoga and all-levels hatha.

Yoga is my passion. My lifestyle reflects the practice. I am a certified nutritional counselor and vegan activist. My desire is to be of service to others.