

Cheryl is the founder and owner of Divine Yoga and Massage and a Certified Baptiste Power Vinyasa Yoga Teacher. She has been practicing for over 11 years and has experience with Ashtanga, Vinyasa, Kundalini, Restorative and Thai Yoga practices, but now primarily teaches Baptiste Power Vinyasa Yoga; empowering the mind, body and spirit through alignment, strength and flexibility. Cheryl completed her initial teacher training in 2004 and now holds the designation of E-RYT (experienced registered yoga teacher) with the National Yoga Alliance and is a Nationally Certified Massage Therapist and Bodywork Practitioner. In 2007 she experienced her first workshop with Baron Baptiste and re-discovered her level of authenticity, humanity and inspiration that she knew had to be shared with others and life hasn't been the same since. In 2009 she traveled to Mexico to assist Baron Baptiste and his team at Level I Bootcamp teacher training. An amazing experience that took her way beyond where she thought she could go and allowed her to realize that potential in others " Baron and The Baptiste Community are truly an inspiration to get out of my own way and live life to it's fullest potential."