

I started practicing yoga to relieve stress and anxiety not realizing a whole new world would be opened up to me. Not only did I find clarity from a mental perspective, I found a physical experience that strengthened my body giving me an overall feeling of wellness. On the way to finding my "sense of being" and "who I was in this world" I discovered power yoga and decided I needed to share this with others. I have trained with Baron Baptiste and have completed Level I and II training. I am continuing to study to apply for certification. I find that the Baptiste Power style of yoga not only challenges you physically but it removes the superficial and gets to the real stuff. Teaching Baptiste style yoga allows me to inspire and motivate others to help them seek their full potential.