

After trying yoga for the first time, I knew teaching is what I needed to do. The shift in perspective it gave me was amazing. Through Yoga, I have found focus, joy and peace. After developing my own practice, I went on to earn my Level I Yoga teacher training certification through Aura Yoga. This was based on 240 hours of study within the many aspects of Hatha Yoga. In 2009, I attended bootcamp training with Baron Baptiste. This training was life changing. It deepened not only my practice on the mat, but off the mat as well. The classes I teach are based on Baptiste Power Vinyasa. My intention is to continue training with Baron Baptiste. I will forever be a student and am very blessed to share what I learn to others.