

I discovered yoga at a young age after being diagnosed with scoliosis. After practicing yoga for about 5 years and realizing the many benefits it brought my way, I decided I needed to share this life-giving gift with the world. I teacher-trained with Patty Townsend at the Yoga Center of Amherst in Massachusetts (2007) in a form called Embodyoga, which is deeply inspired by Body-Mind Centering (Bonnie Bainbridge Cohen). I've had the joy of studying and practicing with many amazing teachers of Anusara, Iyengar, Ashtanga, Creative movement, Contact improvisation, and Power yoga. I'm also a massage therapist studying various modalities. I continuously study anatomy and find new ways to experience movement and will share my learning journey with my fellow students. Yoga is about changing habit, self discovery, and love, all with a child-like curiosity. Namaste, Sarah