

I began practicing yoga over 10 years ago after a doctor suggested it for an injury. From the start of my yoga journey, I was intrigued with the effect yoga had on not only the body, but the mind as well. Over the years I have practiced hatha yoga, healthy backs yoga, anusara yoga, kundalini, ashtanga and power yoga to name a few. I have found that I learn and grow with every yoga class that I take. I finished teacher training in April 2009 and am RYT 200 certified. I am looking forward to studying and growing my power yoga practice with Baron Baptiste in August. I believe every person can benefit from yoga, whether it is power, basic, yin or restore, and look forward to sharing my knowledge and practice with you! Namaste, Susan