

RYT200 & 300HR

I am a Yoga instructor and Owner of A Dancing Yogi. I started my yoga journey with power yoga as a way to stay active and fit. I quickly realized that yoga was much more than physical activity and wanted to learn more. Since then, I have become certified in 200hr & 300hr teacher training as well as certified in Yin yoga. I still enjoy being a yoga student but now also enjoy sharing it with anyone who is interested. I strive to create a space where everyone feels welcome and at home no matter what part of the journey they are on. I want students to leave class feeling better than when they walked in, even on the toughest days. I hope to see you on your mat soon!

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