



Influenced by my teachers, peers, studies, and travels, along with my life's personal journey, I aim to bring a unique sense of yogic tradition with gentle somatic movement, and relaxation to each of my sessions. I offer practices in a way that provides opportunities for self-inquiry, sensory awareness, relaxing and lengthening the muscles which in turn naturally resets the level of tension in the muscles, which may alleviate muscle and joint pain as well as retrain posture and movement patterns.

RYT500 – Classical Hatha, Yin, Clinical Somatics