

Like most people, I wear many hats: mom, wife, friend, educator, student, and nurse to name a few. I have two amazing children that I am blessed to call mine, sisters (& parents) that mean the world to me and a husband that is a gift. I feel in love with yoga over 15 years ago and have had an ebb and flow relationship with it ever since. I work daily to find my center, peace and calm with a mix of yoga and mindfulness.

While teaching special education on Washington, D.C. I witnessed first-hand the need for outlets and tools to help calm and support kids emotional development and growth. This classroom experience started me on a journey of practicing yoga and mindfulness with children with the need for it only solidified by my time spent living overseas and having my own children. I look forward to the many twists and turns this journey takes me on and to seeing you on the mat.