

I'm a lifelong Webster resident and I teach kindergarten at Schlegel Road Elementary School. Most importantly, I am a mom of two active and creative boys.

Both as a teacher and a mother, I am passionate about developing the whole child which led me to receiving my yoga certification to teach children through [Yogees Yoga 4 Kids](#). My favorite saying is 'A calm mind is a creative mind.' I've seen this first hand at home, in my classroom, and in my summer art classes.

I love seeing how yoga and mindfulness instruction help children grow emotionally, physically, socially, and academically.