

I've been married to my husband Josiah Daniel since 2015 and we had our son, Watt Jameson Walter Daniel, in 2018.

I've been practicing yoga since 2003. Like many women in their early 20's, I was suffering from low self-esteem and felt like there was nowhere I fit in, until a friend of a friend, who was an instructor, invited me to attend one of her classes. After my first class I knew I had a place where I belonged!! My practice came and went as life changed, until finally in 2016 I went to my first teacher training in Dallas Texas and received my 200hr Certification. My husband and I opened Paris Yoga Project on November 21st (also my birthday, so it's easy to remember) 2016.

In early 2017 I began my 300hr training to receive my 500hr certification. After receiving news in March that my Dad had stage 4 lung cancer, I traveled to Colorado to train for a Yoga for Cancer Training. The week my father passed away in July also happened to be the same weekend of the meditation module for my 500hr certification. I debated skipping the module and catching it the next time around but with the encouragement of family and friends I went and it was by far the most healing thing I could have ever done. Why I doubted the healing that yoga and meditation could bring I don't know, but I will forever be grateful the universe allowed that module to happen right when I needed it most.

I knew after giving birth that if yoga could do so much for me in my 20's and 30's how amazingly beneficial it would be to learn these tools early in life! I signed up for YY4C, and then COVID hit. I've only been able to teach a few classes for our city's summer camp, in which only one child attended, but I'm very much looking forward to helping my son and others learn how they can use yoga to build their self-esteem now, not later, and how to deal with those big emotions that comes with toddler ages. Not only has it been helpful for my son to be able to stop and take a deep breath when he's having a fit, it reminds me to breathe too, and gives me the chance to change my approach. I'm excited to also help those new mothers who are exhausted like we all are those first years of our kids' lives. I think that's something we tend to forget, when we give our children this gift of breath and mindfulness, we're giving ourselves the same gift as well and I look forward to sharing that gift with our community.