

Sing, dance, play, and get balanced while doing yoga? Sign me up! Yoga has been part of my life since I was young. But, back then, my southern grandmother called it “Stretching during commercials.” I was immediately hooked.

I have always loved working with kids. Either it be teaching peewee soccer, swim lessons or performing in musical theater. After college, I thought I had to go the corporate business route... was I in for a rude awakening. Being in an orthopedic room or behind a desk was truly not my calling. I am goofy and quirky and my conversations usually involve the sentence “this one time when I was teaching kids...” With this said, I rushed to grab my mat and began dedicating myself to my yoga practice and through meditation aka “Mat therapy” I realized I needed a serious change. I wanted to teach kids but, I did not want to be tied down to just one place and demographic.

In 2014, I received my first certification from Little Mudita in Monroe, Louisiana. I knew I had only scratched the surface so I hoped on a plane and received my kids yoga certification from Karma Kids Yoga in New York City. With this certification I started my own kids yoga company called Little You Yoga to bring yoga to our local community teaching in schools, museums, libraries, studios, farmers markets and more. I felt I still had so much to learn and began searching for the missing link. In August 2016, I discovered yogeas yoga 4 kids. There I received the guidance, knowledge, and the mentorship I had been searching for. My world revolves around my family and kids yoga and I could not be more grateful. I am currently working on my 200 hour training with Ally Ford at Explore Yoga and hope to add yoga for special needs children later this year.

Kids yoga has made me a better wife, mother, and friend. I am constantly trying to spread the word in regards to how badly our kids and parents need this in our everyday life. I am also dedicated to sending more teachers to be trained by yogeas yoga 4 kids because the guidance and hands on experience received at this training is hands down the best.