



Marcee invited me to my first yoga class at FHYS in 2006. I have enjoyed taking a variety of classes at the studio, along with many great weekend workshops from visiting instructors, since then. Yoga has helped me to be a stronger athlete and a more balanced person in all ways. In June of 2017, I received my 100-Hour Ayurveda Lifestyle Counselor Training Certificate with Arpita Shah.

I look forward to helping students have fun while gaining greater confidence, body awareness and motivation to challenge perceived limitations.

In my experience, the greatest growth comes from toying the line of what is predictable and common and surrendering to the present moment (stepping outside of my comfort zone). You may find me galavanting in the Sangres, riding my mountain bike at Lake Pueblo Trails or taking in Marcee's 6:15 am Wednesday morning Vinyasa class. Stop on by and let's tow that line!!

