

ALEX ROGERS, Facilitator - Magical Mountain Yoga Retreat

Alex Rogers is grateful to be the daughter of a Yogi. The Charleston, SC native grew up watching her mom practice sun salutations (*Surya Namaskaaram*) every morning and legs-up-the-wall (*Vipareeta Karani*) at the end of each day. By 2003, Alex was undoubtedly a Yogi too. She began teaching in 2006 and completed both her 200-hour training and advanced 300-hour certification through *Holy Cow Yoga Center*, Charleston's longest-running yoga studio and school.

Alex has practiced at studios across the country and studied with numerous international teachers including Erich Schiffmann, Seane Corn, Kathryn Budig, Faith Hunter, Jason Crandell, Doug Keller, Gabriel Halpern, and Trace Sahaja Bonner.

Currently, Alex teaches a mindful flow & Yin at *Holy Cow Yoga Center* where she also serves on the teacher training staff. She sees Yoga and Meditation as a way to raise the universal vibration and human consciousness. With these practices, we recognize the peace we feel inside as our truest selves.



“I have known Alex both as a friend and a yoga teacher for many years. I can say that she is one of my favorite teachers because of her sequencing, playfulness and all-around positive attitude, never pushing too hard but always encouraging. She is a real treat.” Linda S.

“Alex instills her love of yoga in every class she teaches and inspires with her skill, compassion, and passion. She seems to sense what we need in each class and delivers. I love her very much!” Patty T.

“Alex’s classes are always the highlight of my day. She blends unique and traditional poses into a natural flow. Her personality, message, and energy-line alignment make her classes an enjoyable experience! As a yoga instructor myself, her classes leave me feeling inspired.” Erin S.

“Alex’s classes are a joy to take. They are balanced, well planned, and offer even the most seasoned yogi options to adjust or even change the suggested poses as needed. By the end of class, you feel relaxed, centered, and even filled with a little joy as light-hearted, sometimes comedic comments are often sprinkled throughout the practice. These comments can lift the most disheartened spirit. Her classes are simply—fun!” Steve T.