

Brenda Carter, YT200

Teaching since 1997, Brenda brings a wealth of knowledge and experience to the mat in her Yoga classes. Balance is a word that comes to mind when describing a practice with Brenda; expect plenty of physical challenge, countered with restorative poses and a mindful awareness of the “union“ of yoga; body, mind, and spirit. As an instructor, she hopes to inspire students to foster a mindset of curiosity and exploration in their personal practice. Remembering, that there is so much to be learned about ourselves every time we step on our mat. The possibility for discovery and growth are endless. Brenda teaches Yin / Restore on Friday mornings.