



MONICA

Yoga Teacher

Yoga:

- 200 hour Certification with Fountain of Health Yoga Studio

Particular Interests: Body Sculpting, weight lifting and motorcycles

Personal Quote: *"Yoga has literally helped me through my grief and continues to help lovingly empower me."*

Quotes by Students:

"Monica's classes focus on right alignment and awareness of the breath. I always feel so much better after a "Monica" class." mm

"I need inspiration and proof that I can be stronger and happier and I find that inspiration in Monica's classes." gl

Bet you didn't know: Monica is one of the key organizers of The Toy Run, owns her own Harley and is a regular at Sturgis.

Bonus fact: Monica serves many children as an occupational therapist assistant and loves all of her kiddos.

Monica -I have practiced yoga since 1998- and have been very blessed to have learned from many remarkable teachers such as: Eric Shiffman, John friend, Rodney Yee, Ana Forrest, Marcee Gutman-Ballantyne , Jamie Allison, Desiree Rumbaugh, and Anthony Bogart. I love sharing my knowledge with others because Yoga has literally helped me through my grief and continues to help lovingly empower me. I have completed 200 RYT training with Fountain of health yoga studio in November of 2017 which was an amazing experience for deepening my practice and more importantly I developed life long friendships (something I wasn't expecting).

A LITTLE MORE about ME.....I love butterflies, Sunflowers, laughing, making people smile, motorcycles, jewelry, weight lifting, running (kinda) and core workouts!!! I'm a daughter, a mom, a wife, a biker, a teacher, a therapist (occupational therapist assistant in pediatrics and LOVE ALL OF MY KIDDOS), a healer and a warrior!