

Irma Sciarra, E-RYT200, RYT500, YACEP
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Irma's first experience with the practice of yoga started many years ago when her interest in trying new things led her to her first yoga class. Today her curiosity for learning new things remains and is what Irma appreciates most about the practice of yoga. Irma completed her 250 hr yoga teacher training at the Yogalife Institute and obtained her 200RYT certification with the Yoga Alliance in 2013. Since then she has completed her 500 hr teacher training at the Yogalife Institute and registered with the Yoga Alliance as a 500RYT. Irma's personal interests include spending time with loved ones, friends, animals and humans alike and the engagement in lifelong learning.