Yoga is a great way to unwind, calm down and enjoy the moment. I am a Yoga instructor taught by one of the best in Idaho.

I really feel there is something in Yoga practice for everyone. Whether it’s stretching, calming one down, or just enjoying life, all are welcome.

I feel what really sets me apart is the belief that yoga is for everyone and that practice. Don’t have to be a structured and fast-paced workout. They can be slow and personal. I will help you all develop a routine that is personalized to you.