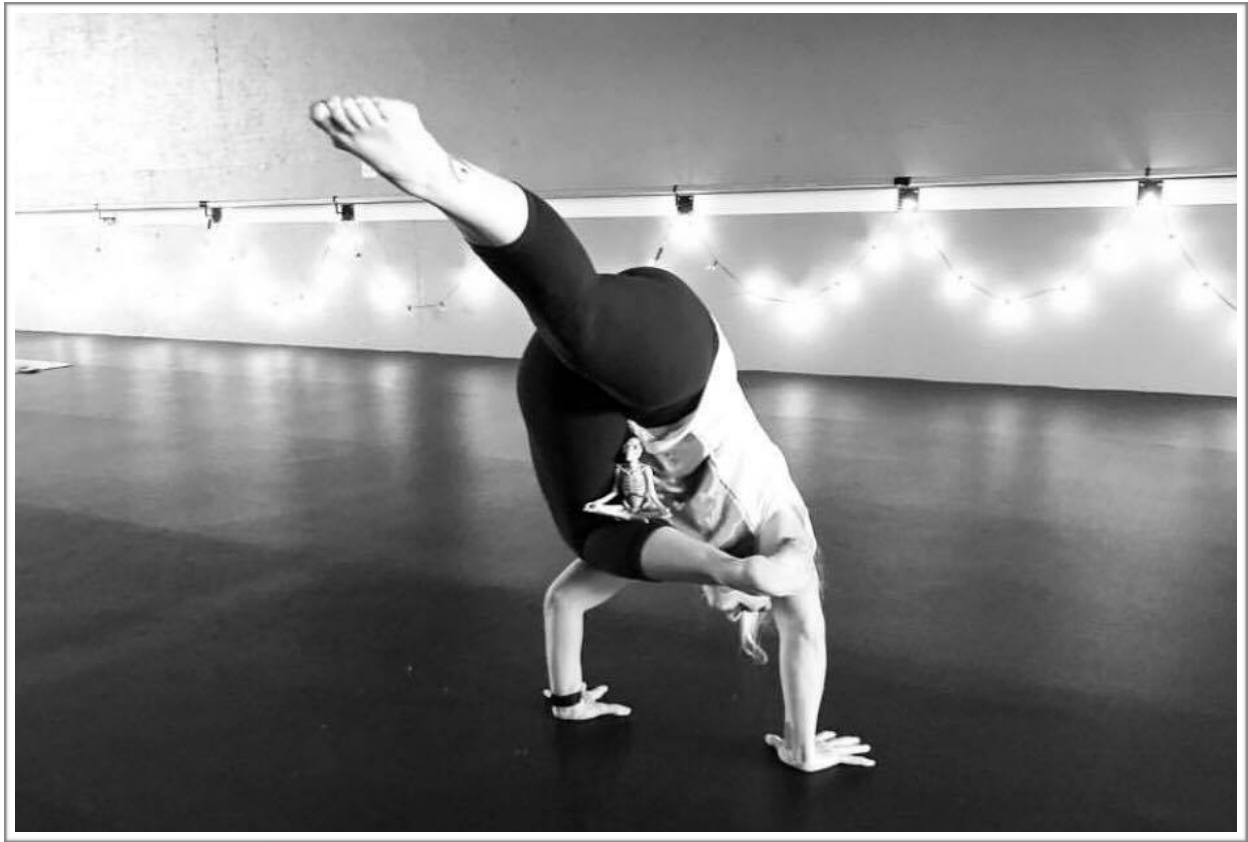


Ann



Ann Steward has been studying and practicing ashtanga and vinyasa yoga for over ten years. She resonates with the physical and mental benefits that come with daily yoga practice. Her favorite thing about yoga is learning the technical aspects of challenging new postures.

Ann completed her 200-hour teaching certification in 2014. She has always been very supportive of the local yoga community and enjoys sharing her knowledge through teaching. She enjoys connecting with students and writing challenging yoga flows.

Non-yoga scoop on Ann is she is a former accountant and is an MBA holder. She has three children (Belle, Will and Eleanor). She also enjoys photography, trips to the beach, Golden Girls and CrossFit.