

Ashley



Yoga has been a part of Ashley's life for over 6 years, and her practice has helped her grow stronger, more flexible and fearless, both on and off the mat. She started yoga to add onto my fitness lifestyle when she was in college. When her life had taken her for a 360 almost 3 years ago she was in search for something to make me feel balanced and whole again. She came back to yoga and it changed her life and she truly found the purpose of yoga. Yoga inspired her to live each moment more mindfully and to always come back to my breath in any situation she's in. In her classes she loves to combine creative sequences, focus on building strength and gain flexibility. She seek to help others thrive in life by nurturing the body, mind and soul with yoga. Her goal is for you to step off your mat feeling, balanced and refreshed and be able to carry that with you in your daily life.