

Britta



Britta is a locally-raised, fitness-loving instructor. She initiated my yoga journey through Bikram Yoga after undergoing knee surgery in 2011. After a lot of research, she discovered yoga possessed the most benefits, in my mind, to guaranteeing a full recovery and increasing my balance, strength, flexibility, and endurance so that I could continue my collegiate soccer career.

As her journey changed and fluctuated, she moved to Chicago. There, she found a studio that truly felt like home and had the sense of community she needed in her life. It transformed her into an Iyengar-based yogi who went to every class she could get her hands on. Following some encouragement from the studio manager at CorePower, she dove into her 200 hour vinyasa training in 2015, expanded into Yoga Sculpt, and the Extensions Program in 2016. Since then, she moved back to the Quad Cities and she became certified in 4 variations of Barre including barre level 1 & 2, barre fire, and cardio boot camp and added Aerial Yoga to the mix.

You can guarantee a solid sweat, medley of music taste, and a challenge to unlock your potential. If you find her outside of yoga, she is usually finding some way to be active, cheering on her favorite sports team, working, looking for a must-try coffee shop, hanging out with her friends and family, diving into a good book, or traveling.