



Emily was introduced to yoga at the young age of 14 by her cheerleading coach. Yoga increasingly became a resource to quiet her mind and come home to her body again and again - during really great times, but especially hard times. She completed her dream RYT 200 in 2018 with Rachel Brathen (AKA Yoga Girl) and Lara Heiman at Island Yoga in Aruba. Her teachers instilled her with the vast knowledge of asanas, pranayama, and yoga philosophy combined with functional anatomy to teach a safe, heartfelt class.

She works daily to translate the yoga practice into her life beyond the asanas.

She teaches all types of classes from Kids Yoga, Gentle Flow, Restorative, to dynamic Vinyasa from an authentic place of love and compassion. She knows the power of yoga first hand and feels honored to guide students through a practice that serves as a reminder that everything you need is already present within you.

Big love,
Emily