

calm mind. fit body. inspired life.



Some of my students and I attended your class today, and I have to tell you that they really enjoyed it, and I did too. They were nervous about attending the class, and you made the experience a safe and fun one for them. You are a fabulous teacher. Thank you so much for devoting so much care and attention to them. As for me, I will definitely be back. I attended a few bikram hot yoga classes a year ago, and didn't like their military style of teaching and very fast pace. I love the MOKSHA series, I thought you led a class that people of any fitness level would feel both comfortable and challenged in. You gave instructions to everyone, and you also made it okay to work at your own pace and listen to your body, which is what I think yoga is all about. Thank you again.

Acadia Jr High Teacher

teenagers.