Bio:

Anne (she/her) is a yoga and meditation teacher and a lifelong student of mindfulness and science based movement practices. Her classes focus on listening to the more subtle sensations of our own unique experiences both internally and externally. Her goal is to honour all bodies and individual abilities while cultivating a connection between mind, breath and body. She left a corporate career after 20 years to become a yoga and meditation teacher and understands the stress and overwhelm that can come with life’s demands. She is currently completing a course in Inclusive, Trauma-Informed & Anti-Oppressive yoga teacher training. She is passionate about helping busy people add more movement and mindfulness into their day.

Certifications: 200HR RYT, 50HR Yin Yoga Teacher Training, 40HR Restorative Yoga Teacher Training, FRC®ms - Functional Range Conditioning Mobility Specialist, First Aid/CPR-C