

## Yoga Bio

2011 was transformational for my yoga journey. I completed my first 200 hour yoga training (RYT200) and incorporated yoga into my work at the Naval Hospital Camp Lejeune. In the midst of a new job and teacher training, I was blessed to be sent to San Francisco to train and study with Richard Miller, PhD completing iRest Yoga Nidra Level 1. I absolutely loved working with our military teaching yoga and meditation to help reduce symptoms of anxiety, depression, PTSD, etc. I look forward to bringing yoga back to Camp Lejeune in the future. 2015 I deepened my practice, knowledge, and teachings with Caitlin Casella from Yoga Works with another 200 hour training. I love HER and the Yoga Works Method! This allows yoga to be assessable for everyone while practicing safe alignment in our bodies.

For me, yoga is life. It saves lives, it gives life back. It's pretty magical this journey of yoga. The journey of the self, to the self, through the self. That's the beauty of yoga – the journey. I can keep growing, learning, traveling, studying, practicing, and sharing my passion I have for the healing properties of yoga. Never stop learning.

I love living at the beach with my husband and Yorkshire and teaching a wide variety of classes around our community. You can check out my regular schedule on my website [www.annmariesyoga.massageplanet.com](http://www.annmariesyoga.massageplanet.com)

Add me on Facebook [www.facebook.com/annmaries.yoga.7](https://www.facebook.com/annmaries.yoga.7) and stay up to date with workshops, events, and upcoming adventures.