

Martie Carr

Martie is an RYT who completed a 200-hour certification in Raja Ashtanga Yoga Teacher Training with Elana Case at Focal Point Yoga and Health Center in Stow, MA. She taught at Sue Luby's Body Sense Yoga and Fitness Center in Andover, MA from 2001 to 2003. She then moved to Fountain Hills, AZ and teaches at Yoga Village. Martie is a physical therapist that works at a private school for children with disabilities in Phoenix, AZ. Martie is also a third degree master teacher of Reiki having trained with Sheryl A. Benson in the Usui Shiki Ryoho Reiki method of natural healing. For Martie, Yoga and Reiki together is her spiritual path toward empowerment and enlightenment.

