



Meg is a certified [Anusara Yoga®](#) instructor with 15 years of teaching experience. She studies and travels extensively to maintain her ongoing commitment to personal and professional development, while concurrently pursuing education in allied fields of interest including: yoga therapeutics, yoga philosophy, Ayurveda and nutrition. Meg teaches weekly classes, private yoga sessions, workshops, retreats and teacher training programs. Additionally, Meg offers individual holistic consultations, which focus on general health, nutrition and lifestyle planning. Her teaching style is experiential and she creatively integrates principles of alignment with a spiritually oriented, heart-centered perspective. One of her primary intentions in teaching is to encourage students to incorporate the wisdom of yoga's timeless teachings into their day-to-day lives. Meg holds deep respect and gratitude for all of her teachers and for the lineage of yoga. Meg has a B.S. in Nursing and spent 14 years specializing in the areas of psychiatry and medicine providing direct patient care, staff education, leadership and administration. These experiences contributed significantly to her decision to make a dramatic career change and are the foundation of her commitment to health and well-being