



Nicki Byrd

Nicki has been teaching yoga for twelve years. Determined to heal herself after having her hip and pelvis broken in a car accident nearly fifteen years ago, she has effectively used yoga as a therapeutic tool. Nicki has made a remarkable recovery and continues with a dedicated practice. She regularly studies with senior Iyengar and Anusara teachers and radiates her love of yoga in everything she does. Nicki is a Certified Yoga Teacher and is registered with Yoga Alliance. Nicki holds a special interest in therapeutics and is passionate about helping those who can most benefit from it. Nicki also teaches special workshops in Thai Yoga Therapy and chant.