



STEPHANIE SMITH

Stephanie has loved the mind body connection since she was a child and took her first dance class. She went on to pursue a professional dance career performing, teaching, and owning her own dance studio. She took her first Bikram Yoga class in 1996, and immediately fell in love with yoga. An innate curiosity quickly took her on a journey of exploration of different yoga traditions and philosophies.

She received her 200 hour teacher training under Dave Oliver and the study of the Krishnamacharya lineage of Ashtanga vinyasa yoga. Her inspirations are from some fabulous senior level teachers in Ashtanga, Anusara, Iyengar, and Viniyoga. Her teachings are a blend of techniques from these various methods, with an emphasis on the Principles of Alignment.

Stephanie brings a delightful blend of meditative flow and inquiry as well as attending to the details of alignment. Her classes provide a deepened sense of inner awareness and balance.

"I love to see my students have breakthroughs in their practice. Even small breakthroughs are significant. Enjoy the adventure."