

Marci

I am passionate about guiding others back home to themselves to find peace, balance, and love. My approach blends mindful movement, breathwork, and presence to create a supportive space for students of all levels.

I received my training at Infusion Yoga & Pilates and have been teaching since 2018. I later became a certified sound bath practitioner. I love to incorporate the healing power of sound to deepen relaxation and restore inner harmony.

My classes are rooted in compassion and connection, inviting each student to slow down, listen inward, and cultivate a sense of calm that extends beyond the mat.

Whether you're seeking mindful movement, stillness, or simply a moment to reconnect, I am here to support your journey inward.



**RESTORATIVE
FLOW
YOGA**

Thursdays @
9am