



Bre is a yoga practitioner of 13-years. After a college rowing injury in both hips, it opened her eyes to the necessity of a mind-body connection for all physical pursuits. With an approach to the practice of understanding ourselves from a physical body level to a spiritual and mental connection, Bre will walk you down the garden pathway to your own inner peace one relatable step at a time. By incorporating real life metaphors, physiological understanding, and light-hearted humor you will find yourself stepping into your skin in a new and different way with each practice. After caring for her father after a major stroke last year she was immediately intrigued with how the practice assists the mind & body as it recovers from a major health change. As she has seen herself through many of life's challenges using her Vinyasa & Yin practices she looks forward to sharing these tools with anyone who is growing through some gritty times in an inspiring manner. Life outside the studio for Bre includes being an Aunt of 2 (Soon to be 3), traveling, adventuring, and keeping up with her own practice of yoga and meditation.

Bre received her 200-Hr RYT in 2014 with Mitchel & Tracy Bleier (under Brian Kest) followed by a 300-hr mentorship with Basil Jones (studied under Seane Corn, David Life & Sharon Gannon).

*“Know yourself, love yourself & trust yourself. It is all always practice.” - Breanna F.*

**Class Description: Vinyasa Yoga 75 -min Practice-** Bre will guide you through a mindful Vinyasa practice that inspires and motivates you towards consistently working to feel better. Practice will include full-body strength and flexibility to build self-awareness with a high focus on your breath for a mental reset to boot. All levels are able to attend as modifications will be provided and if welcome hands-on assists for feel good stretch aplenty (always feel welcome to decline).