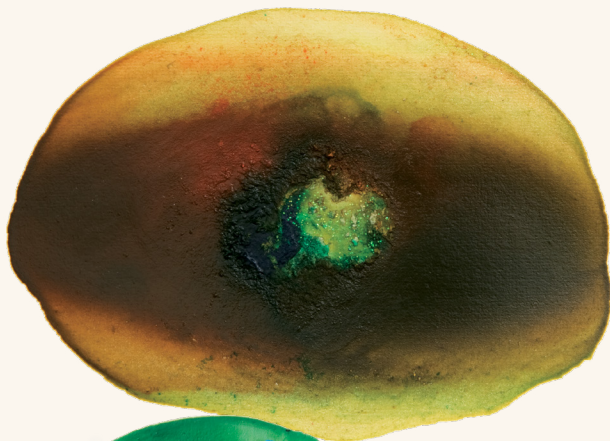


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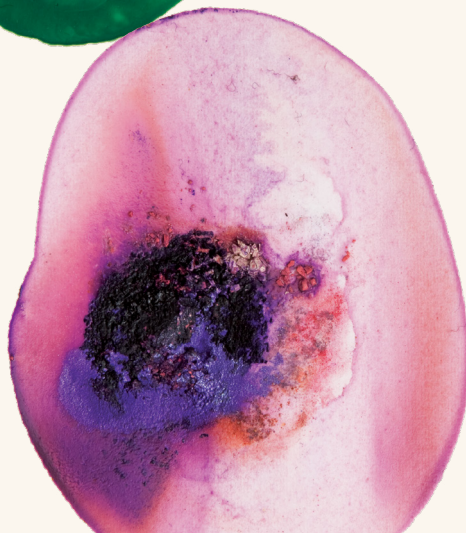


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HEART
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Sam's Yoga practice and teaching come from a somatic place of listening deeply within. She is passionate about sharing Yoga in a way that empowers and gives agency to her students through creating safe learning environments, invitational and choice based practices and ultimately supporting people to develop their own self-practice.

KARLA BRODIE

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