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Wearing numerous hats, including that of the owner of Calabash Yoga/Calabash Coaching, she also serves as a Raw Food Chef and Instructor, and is on the verge of graduating as a Yoga Therapist.

Her foundational roots lie in Buddhism, a connection established since her teenage years, and she further deepened her expertise through the Jivamukti Yoga lineage. Obtaining her certifications in India, she continues to frequent the country, consistently updating and enhancing her teachings and knowledge.

A primary area of focus in her practice revolves around yoga for stress and trauma. Offering sessions tailored for closed-door groups and individuals, she is dedicated to providing transformative experiences.

In the wise words of W.D, 'When you change the way you look at things, the things you look at change.'

