



HANNA FORRESTER

Hello, I'm Hanna! To me yoga is a way of 'being', on and off the mat. I first tried yoga in high school. Interest sparked immediately through playing with the various poses and I soon found out what an amazing tool it is for the body and mind, which has kept me diligently practicing for years. I love a challenge and draw interest from nature and the world around.

Formerly a recreational gymnastics coach, I hold a Degree in Health, Wellness and Recreation, and a 200 hour yoga teaching certification.