

Cynthia Price, E-RYT 200, RYT 500, YACEP. is devoted to the practice and study of all types of yoga, she enjoys sharing her enthusiasm and knowledge with others.

Her introduction to yoga and its 8 limbs started at the beginning, her mother was her first Iyengar yoga and meditation teacher in the 60's.

A lifetime of Yoga evolving from the foundations of meditation, yoga nidra and pranayama gradually moved into postures (asana) and philosophy.

Cynthia has been a yoga teacher for over 20 years, and continues to evolve change and grow. She is currently studying to become a 1,000 Hour Yoga Therapist and along the way has developed an interest in using the healing modalities of yoga to help clients who have been affected by trauma and specialty groups such as cancer, heart disease and Parkinson's disease.

Fun Facts: She is an avid runner 5k to Ultra Marathon 50 mi, loves to garden, teaches gardening to kids pre-k to 8 grades, loves her husband, her 3 kids and dog, 2 cats and turtle...

"Yoga is a Journey let's practice right where we are, in the body and spirit we have today."