

BETH O'BRIEN

Beth O'Brien has been teaching yoga since 1998. She became certified through Inner City Yoga Teacher Training in Denver. Her specialty areas include Vinyasa and Restorative yoga. She offers private yoga lessons, and encourages her students to feel alive and joyous in their yoga practice. Beth is a licensed Psychologist and has a private practice focusing on the mind-body connection. Clients often come to her with relationship and health-related concerns. In her free time she enjoys hiking with her family, biking, and riding horses.

