

FAITH BRANDT

Yoga is a journey that, as a certified yoga instructor, Faith Brandt has been on since 2000. She specializes in Yin, Partner, Adaptive, Beginning and Intuitive yoga. Mindful and present during each class, Faith offers support and stability to students, balancing serenity and peace with a playful, light heart. Faith is experienced in teaching a wide range of people with various abilities. She enjoys the nurturing interaction that allows the uniqueness of each individual to blossom. Guiding others toward their own inner knowing, through the exploration of body movement, is Faith's passion.

