

Carol Moon Yoga Instructor Bio

Carol Moon first encountered yoga many years ago, at a small studio in her college town. She was immediately drawn to the philosophy behind the physical practice. The sense of centeredness and peace that came with yoga kept pulling her back to her mat, and she began teacher training in 2011. She received extensive training through YogaFit and later completed her 200 hour RYT training at Inspire Yoga in Penfield, NY under the guidance of her teachers Aimée Senise Connors and Joan Nichols.

Carol believes that the essence of yoga is listening to breath and body, meeting ourselves as we are in the present moment, and developing an internal focus. Yoga offers many gifts such as presence, patience, strength, balance and equanimity—these qualities can be practiced on our mats and then carried out into our lives. Carol teaches with warmth, humor, and a passion for encouraging students to follow their own bodies' wisdom.