

Colleen has been practicing yoga on and off for over 20 years, the last 6 years she has been actively living and learning yoga. Attending many retreats to help further her practice and knowledge . Colleen is a mother of three very active children, Cassidy, Kevin & Kamryn . Sharing the active parent taxi service with her loving husband Joe. She has owned her own business as a professional photographer since 2011 and has a background in massage therapy as well as early childhood education. She enjoys spending time watching her children participate in sports, music, plays, dance, and academic achievements, also being outdoors playing the cloud game and spending time under the stars with her husband . Colleen's dream is to share her love with all the world , she is starting right at home and hoping to expand out into the world by spreading her love for yoga and showing everyone how it can have a place in their life . She welcomes everyone with open arms and an open mind, allowing all to be who they are . Just over a year ago Colleen found Just Breathe Yoga Studio's yoga teacher training after searching for years for the right sacred space to expand her practice . She embarked on a journey that would forever shift her path , now ready to share and expand her knowledge and love for yoga with others. She looks forward to meeting all that are to cross her path and help all that come forth in front of her . Namaste