

Gabby started her yoga practice while extremely ill as an ‘alternative’ to ‘traditional exercise’. She quickly fell in love with the way that yoga made her feel and began practicing multiple days a week. Gabby became a yoga instructor just a few years into her practice to learn more about yoga and gain the ability to share her love of yoga with other people. She concurrently works full-time as a Sign Language Interpreter, in addition to teaching at Just Breathe Yoga Studio and assisting in the studio office. Gabby’s assistance in the office has earned the title **Keeper and Restorer of Sanity and Organizing** (aka Office Manager). Gabby moonlights as a clarinet player with Floyd Community Instrumental Ensemble (aka Floyd Band); MVCC concert band and others. Additionally, Gabby enjoys spending quality time with friends and family. She especially loves being Aunt Yaya (the best aunt ever) to her nephews and niece.

Gabby’s favorite yoga classes at the studio are Yoga II, Slow Flow I/II, Yin/Yang Yoga, Yin Yoga ... okay she enjoys just about everything offered at the studio. Ask her about any of the classes on the schedule!!