



*Sandy Quattro, RYT200*

Sandy is a wife to Ron Quattro (they've been together since 1977), mother to Doug and Anthony, and Grandmother to two. Additionally, Sandy is a Certified Natural Health Consultant, a Reiki Master and Teacher, and is a Certified Holistic Aromatherapist. She has been an Ordained Minister since 2009. Sandy has been working the last 15 years as a Registered Respiratory Therapist at Bassett Medical Center.

Sandy has been practicing yoga on-and-off since 2000; although, she only found Just Breathe Yoga Studio a short time ago. She continued practicing at the studio with a goal of living healthier. She has expanded on her yoga practice and taken it into the community, encouraging everyone from all walks of life to experience the benefits of yoga. Her favorite styles are slow flow, gentle, restorative, yin and mindful. Sandy has taken additional workshops to expand on using props in her classes and Yin Yoga for Yoga Teachers. Yoga has been a powerful life changing experience for her, and it will continue to grow throughout her retirement, as teaching at JBYS is most definitely part of her retirement plan.