



*Sarah Eggan, RYT200*

Sarah is a Registered Yoga Teacher through Yoga Alliance. She has been practicing yoga for years and has also studied the benefits of yoga across different populations. With an education in Exercise Science and Health Promotion, Sarah's passions have always been in the health and wellness field. Sarah gets to share her knowledge doing what she loves as a Public Health Educator for the Oneida County Health Department. Her favorite types of yoga to teach are higher intensity classes, like Core Yoga! She also hopes to become a certified Pilates instructor in the near future!