

Cassie Lynn Galster

Cassie has been practicing yoga for years but once she found Ashtanga, she found her home. She completed her 200 Hour RYT Teaching Training at Sun Dog Yoga in 2013 and has been teaching classes from beginner to advance ever since. Cassie wholeheartedly believes yoga is for anyone who wants to experience its' many physical, mental and spiritual benefits. She is constantly learning from her students and is excited to be starting her RYT 500 certification this fall. When not practicing or teaching, Cassie enjoys cooking, gardening, frolicking outside and around town. She also works as a Project Manager for Corporate Visions Inc.