

## *Meredith Krouse*

Meredith began practicing yoga in 2001, as a means of staying healthy during pregnancy and continued to practice while her children were young. Once she was introduced to Ashtanga at Sun Dog Yoga in 2009, she fully immersed herself in the practice, eventually deciding to learn the tools needed to share the gift of yoga with others. Meredith completed Sun Dog Yoga's 200 Hour Anatomy of Yoga Teacher Training under the tutelage of Shari Simon in 2011. She enjoys teaching a broad array of students, from children to senior citizens. Meredith believes anyone can do yoga, even if physical movement is a challenge; the beauty and power of yoga is in the breath....the breath had the ability to transform your life.