

Hi! I'm Cara Campbell, founder of SOULSHINE yoga + fitness in Adel, IA.

Physical activity is something I have always been drawn to - from elementary school PE track and field days, to training for the Olympic Trials as a synchronized swimmer, to hiking, biking, and everything in between. I began my yoga practice in 2007, learning from and mentored by Kris Larrison, the first person to bring HOT yoga to the Des Moines metro area. I was hooked from my very first class, and knew yoga was something I would study, practice, and pursue for the rest of my life. I've been a fitness instructor since 2009, and hold a 200-ERYT certification from Yoga Alliance.

I am a longtime wellness educator and advocate, having served the bulk of my career as a health teacher for Waukee Community Schools. Our family moved to the country just outside of Adel in 2022, and I am incredibly excited to put down roots and share my passion for wellness with our new community! It is my hope that all who come through the SOULSHINE doors will be inspired to enhance their physical, mental, social, and spiritual health, so that together, we can shine from the inside out. I can't wait to welcome you, and look forward to meeting you on your mat!