

Meet Rachel! Upon meeting Rachel you will immediately notice her calm and peaceful presence. Be sure to sign up for her warm restorative class on Sunday evenings - a perfect way to prepare for the coming week! More about Rachel in her own words:

"I am so thankful I found yoga. I have a compressed vertebrae in my lower spine. I wasn't getting any relief from chiropractic care and was recommended to pursue surgery or shots. On a whim, I attended a hot yoga class and the next morning I moved pain free for the first morning in a very long time! I started attending yoga daily and eventually pursued certification so I could share the magic with others. I live in Adel with my husband and twin boys. We have two dogs, Milo and Greta. We love to travel as a family and hope to visit all continents some day. In my 'real job' I am an OT and teach at Drake. I am currently pursuing my certification in functional health coaching. My favorite quotes: from Gandhi-"Be the change you wish to see in the world" and the golden rule- "treat others as you wish to be treated"