

Meet Betty! Betty is a force of nature, who inspires others, makes us laugh, and pushes us to grow. Don't miss an opportunity to take in one of her Tuesday night classes at SOULSHINE!

More about Betty in her own words... "I started my yoga journey in 2015 and haven't stopped learning since. Currently I am a E-RYT 200, RYT 500 & YACEP, other certifications include sculpt, barre, cycle, and I am working on my Astrology Coaching Certification. In my workout classes you will find that there is never a dull moment-Latin music is played during our workouts- it's loud, fun and alive! But yoga is my jam-meditation, breath work and asanas with purpose. During my yoga classes moon cycles, crystals and astrology and even planets will play a part. I have two 4 legged children and one human. No matter what kind of class you walk into, it's never a dull moment with me