

Meet Meredith Marotta: Your Yoga Instructor for Bodacious In the Bugaboos – Classic

For more than 20 years, Meredith has been sharing her love of yoga with her students, offering an abundance of experience, wisdom and enthusiasm to her classes.

Meredith's personal yoga journey began in 1988 when she first stepped onto a yoga mat and felt invigorated, deeply peaceful and fully alive. So inspired, she began what would be a lifelong study - earning her first teaching certification in 1992 and her Anusara Inspired certification in 2007. Meredith continues studying with various teachers across North America.

Through her skillful teaching and compassionate presence, Meredith guides her students to connect deeper within themselves. She is passionate about proper alignment for safety and stability, breath work and meditation to still the mind, and self love to expand the heart. This body, mind and spirit connection infuses her teaching, and Meredith encourages her students to explore their own physical and spiritual potential on the mat, and beyond....

