



## Rachel Peck ERYT-200, HACEP

Hello, I am Rachel Peck and I'm looking forward to sharing my yoga practice with my community at PPRSC!! After spending 18 years moving around the US, I relocated to Charlotte with my husband and three

kids 5 years ago. My yoga journey began over 20 years ago as a curious teen exploring movement and breath. However, it was back in 2002 when I officially signed up for a yoga class as an alternative to back surgery. My practice eventually helped me to heal and manage the discomfort and limitations the back injury presented and to feel more in tune with my body. Over the years my practice became so much more than physical. I found that I started to take the focus and mindfulness that was needed on the mat, into my everyday life. With a lifelong interest in wellness, a B.S. in Dietetics and Masters Certificate in Food and Nutrition, being active and enjoying a wholesome diet is a lifestyle that came naturally. However, I often struggled with anxiety and felt like I was always on the go. I found that yoga helped me to slow down and be more present to life as it unfolded. What a gift! Realizing that I wanted to deepen my practice and gain the tools to share it with others, I enrolled in the 9 month YogaVeda School of Yoga and Ayurveda 200hr teacher training in 2013. My experience was transformational! Aware of the interchangeable relationship between teacher and student I hope to exchange inspiration and guidance. I teach multi-level, **Vinyasa Flow**, **Gentle**, **Beginner**, and **Power** with both directional and energetic cueing with an emphasis on inner-teacher awareness. I aim to cultivate a nurturing, judgement-free atmosphere where you are invited to safely move and honor your body while connecting with your breath. So come and get to know yourself..... mind, body, and soul!

