



CHERYL BROUSSEAU

Cheryl Brousseau enjoys sharing her passion for dynamic flow yoga with her students. Cheryl began her personal practice in 2000. Even though she originally sought out this practice to keep fit and healthy, she soon discovered that yoga had an empowering effect on her life. She found that training both the mind and body is the key to reaching your personal best. Through a combination of the disciplines found in Vinyasa flow yoga, her students learn correct posture alignment, physical strength and flexibility, mental clarity, and wisdom. Cheryl seeks to bring joy and mindfulness to each class and works with all levels of students. Modifications are always provided to fit the needs of the student.

Cheryl has completed over 200 hours of course work and is registered with Yoga Alliance as a RYT200 instructor. In order to better educate herself on all studies/disciplines of yoga, she has taken classes and workshops around the United States. It is her great joy to share this quest with others.

Cheryl continues to work in the corporate world so she understands the challenges, stresses and emotions of this environment. She is the mother of 3 young adults. When she is not teaching or practicing yoga, she is an avid outdoors person with a deep love of animals. 'Animals don't ask for anything but love' is her mantra. She is active in raising funds for local humane societies and non-profit cancer organizations throughout the Richmond, VA area.