



WANDA CASTELVECCHI

Founder and owner of Solid Ground Yoga, Wanda is the Sales Manager for SyCom Technologies, a regional technology company, and a 200-hour registered yoga teacher (RYT200). She discovered yoga several years ago in the gym during a difficult time in her life. She immediately loved the practice but felt the gym environment was crowded, noisy and distracting. Upon discovering a small yoga studio, her life changed forever. She could hardly believe that her practice not only increased her physical strength and flexibility but also helped her to deal with the stress and anxiety of the corporate world. In 2009, Wanda founded Solid Ground Yoga. Her vision was to create an environmentally friendly space that promotes a positive and healthy lifestyle and allows people to explore yoga's amazing benefits without feeling intimidated about the practice.

Wanda is blessed with a wonderful son, Cody, who is a student at Hampden-Sydney College, and a supportive and amazing boyfriend, Jack, who not only serves our country as an Officer in Charge in the United States Coast Guard, but is a phenomenal student of yoga.