

Samantha Cameron



Samantha Cameron is a 500 E-RYT International Yoga Instructor, who teaches beginners through advanced. She teaches a wide range of structures, from Restorative Yin to a strongly physical Vinyasa Practice with anatomical alignment, and injury-free movement. She works each pose from the breath for healing awareness, linking the Practice not only to an individual's needs, but to the solar/lunar cycles that affect every body. Samantha brings her joy of movement to every class, offering an acceptance of the body's needs, limitations, and gifts.