



Karen Moss, Owner/Director, ERYT 200

Born and raised in Massachusetts, Karen Moss moved to Ohio in 1998 with her husband and children. Here in Dayton, Ohio Karen discovered yoga as asana at the YMCA. It only took 3 yoga classes and Karen was hooked - she loved the way yoga made her more centered and peaceful.

Karen has studied and completed 200 hour Teacher Training in September 2007 calling it "one of the best accomplishments and experiences" in her life. In addition, Karen completed a 40 hour Ashtanga Yoga Teacher Training with David Swenson in October 2006. She has also completed workshops with Anna Ferguson, Doug Swenson, Sharon Gannon, David Life, and Lila Lolling. Karen is in the process of attaining her 500 RYT certification and is currently in a Meditation Teacher Training Program with Loren Roche Phd.

"Yoga has changed my life. It has made me a much better person. It has taught me to be selfless. It has taught me to respect people, the environment, and the world. I have been blessed with great teachers throughout this journey. It is my dream that this yoga studio in Springboro will help others grow and that we can all work, individually and collectively, to make this world a better place for us and for the generations to come. And I believe practicing and embracing yoga is one of the best ways to do so!"