

Melissa Mokes

Melissa has been incorporating yoga into her life since 2010. The practice has given her the opportunity to work through some physical and mental barriers that have come to the surface while on the mat. This in turn, has given her the tools to better handle the daily challenges that come up in life. Yoga has inspired her to live more mindfully and to continually search for the knowledge that lies within.

Melissa believes that keeping your breath the main focus of the practice will help you move into the poses naturally. It will then allow you to bring your attention to the inner-workings of the mind and body. She encourages her students to find this linking of the breath with movement. Melissa's gentle approach allows her students to ease into the practice gently or move into the full expression of the pose at their own pace.

Melissa completed her 200 Hour Anatomy of Ashtanga Yoga teacher training in 2017. She has studied with many teachers including Shari Simon (owner of Sun Dog Yoga Studio), David Swenson, Nancy Gilgoff, David Williams, and Taylor Hunt. She is eager to learn more and looks forward to continuing her education in the practice of yoga. She currently teaches classes at Livengrin and Sun Dog Yoga Studio.