**Karen Lucas Bio:**

Karen has been practicing yoga for 25 years and teaching students of yoga since 2000. She creates a space for people to release tension, cultivate peace and discover the healing powers of yoga. Karen instructs with compassion, gentleness and attention to detail. She brings experience from years of committed practice and study with many of the world's most highly regarded master teachers. Karen incorporates influences from Kripalu, Iyengar, Vinasa Flow, Yin, and meditation and will guide you into an inspired experience that will strengthen and open your body, heart and mind.

**Karen’s Yoga Journey:**

I started practicing yoga to relieve stress. I was a mom and an elementary school teacher and needed some time to nourish myself physically and mentally. I enrolled in a yoga class and attended twice a week. Soon, I began to see a difference in my body. My tummy was tighter and I began to feel stronger and more flexible. I was relaxed and breathing easier. My days seemed to flow more gracefully. I continued with my practice and experienced a complete transformation in my life. I have found some sort of transformation to be a common occurrence with all my students. Once we learn to empower ourselves in the postures, the same empowerment seeps into all areas of our being.

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