

Abbey found yoga at the age of sixteen and fell in love! Growing up as an athlete, yoga became a way for her to heal her body after all the pounding she would put her body through. Abbey was an avid marathon runner, cyclist, and fitness enthusiast for 15 years. Some of her proudest achievements include running the Boston marathon and pedaling 206 miles on a road bike in LOTOJA. Yoga has helped her as an athlete and has also become a tremendous place for healing her life. Abbey fully embraced yoga while suffering from an eating disorder and severe depression at an early age, and credits her yoga practice to creating stillness, happiness, and loving herself completely. She loves that yoga has allowed for her to realize her inner power and true potential, which is why she is incredibly passionate about teaching yoga to others. Abbey is a certified group fitness instructor, personal trainer, alpine ski instructor, and yoga therapist. She has taught fitness classes for the last 9 years and yoga for the last 4 years. She has recently left the fitness industry, and is now full time at Centered City Yoga. She graduated from D'ana Baptiste's 500 hour teacher training and yoga therapy program. She continues to work alongside D'ana Baptiste as the coordinator for InBody Academy and InBody Retreats. She loves teaching yoga, as well as taking on private clients as a yoga therapist. In her spare time she loves to be an aunt to her nieces and nephews, and enjoys spending as much time with them as possible. Abbey Daw loves her life!