

Raised high in Wasatch mountains, Adrienne found yoga the first time in 2004 after an injury temporarily left her in a walking cast. In 2008 she came back to yoga for a different healing need: having been diagnosed with bipolar disorder, yoga became a staying factor in her life, something she could rely on as a powerful and effective “medicine” for healing and transformation. Trained under D’ana Baptiste’s Inbody Academy, she has now completed over 1000 hours of yoga teacher training. She has been teaching yoga since 2009, with a focus on therapeutic yoga techniques and a special interest in the ancient practice of yoga nidra. Adrienne graduated from Rowland Hall-St. Mark’s high school in 2002, and is a former alpine ski racer and ski racing coach for the Rowmark Ski Team. She went on to study Economics, English and Spanish at the University of Utah, and competed in track and cross-country for the Runnin’ Utes. Outside of yoga, she works in commercial real estate project finance, and is also a research analyst in renewable technology venture capital. She feeds her soul by spending time at Centered City, going on backpacking trips, travelling the world, and skiing backcountry with her wonderful husband. She loves being a homebody, and can also be found reading, cooking, or playing violin at home, with her two furry babies.