

Lucy is a California native who discovered the transformative practice of yoga while living and studying in Eugene, Ore. She graduated from the University of Oregon with a degree in journalism, but also practiced many styles of yoga, taught group fitness classes and played soccer at the University level while living in the Northwest. It wasn't until she moved to Utah in the early 1990s and met incredible teachers like D'ana Baptiste and Charlotte Bell that she began a more formal and dedicated study of yoga. In the past 12 years, Lucy has created her own teaching style. She has studied with a variety of teachers - most importantly D'ana Baptiste, John Friend, Seane Corn, Sharon Gannon and David Life. She continues to soak up everything she can about this wonderful ancient practice. On many days, her best teachers are her students. Lucy loves yoga because of its living, changing qualities. It's new every day. And every visit to our mat holds fresh possibility and potential. She loves what Donna Farhi says of yoga, that it is "a way of living and being that makes real happiness possible." So that is her goal, to guide students and herself toward the happiness, strength and calm that is within each of us. Outside of Centered City Yoga, Lucy is Mom to two kids -- Dillon and Piper -- and owns Core Consulting, a wellness business through which she coaches people of all ages to health and life change.