

KASIA



Kasia Mirowska first started practicing yoga in 2007 when she began her adventure with hiking and rock climbing. She has always been fascinated with an ability of the human body to continually evolve even in the face of challenges and injuries. What got her to fall in love with yoga, aside from the joy of physical practice, was a connection and self compassion she found on the mat. She discovered the importance of breath and asana as a path to quieting the mind and letting go of emotions and thoughts that often guide our existence unrealized.

She completed a 200 hour Yoga Teacher Training with Marc St. Pierre of Yoga Sakti in 2015. Kasia feels honored to share her passion for yoga and help others to safely arrive in the place of empowerment, self-compassion, and peace.

