



Maureen Szkaradnik

Maureen began her yoga practice in 2009 as she was seeking a complimentary discipline to her career as a physical therapist assistant for the last twenty five years. Her practice has been an incredible journey of rediscovering patience, cultivating inner peace and embracing living in the moment. In 2014, she completed her 200 hour teacher training at Focus Fitness Studio in Bryn Mawr, PA . Her continuing education includes certifications in Yoga for Breast Cancer Patients, Lifestyle Meditation, Restorative Yoga, Wall Vinyasa and certified Reiki Level 2. In her classes she likes to provide a safe, affirming environment for practitioners to explore, grow, renew and recharge.