

ROSIE SHARKEY

(SHE / HER)

Movement has always been part of Rosie's life, first as a dancer and now as a consistent part of her yoga practice. After becoming a military spouse, she found her yoga practice to be a wonderful tool in dealing with the stresses that come along with constant moves and changes.

Rosie has completed 200+ hours of training with Anne Howard at the Amalam School of Yoga at Outer Banks Yoga in 2020, and earned a 300 hour certification from Folk (formerly Yoga Garden) in San Francisco in 2023. She is a Yoga Alliance registered E-RYT 200, RYT 500 and RPYT.

Rosie leads her classes with an open mind and heart, offering creative sequences and modifications to suit all levels. She aspires to be a lifelong learner of the ancient practices held in the eight limbs of yoga, and the traditions rooted in south asian history. Rosie strongly believes that yoga has something to offer everyone who is willing to take a mindful breath with intention.

To learn more about Rosie, visit her website www.rosiesharkey.com

-

Flow to Restore 12:00-1:00pm Tuesdays
Prenatal Yoga 12:00-1:00pm Wednesdays
Power Vinyasa 6:30-7:30am Thursdays
Flow to Restore 5:30-6:30pm Fridays
Yoga Flow 9:30-10:45am Saturdays

