



BethPuggi 702-524-2400



I've been a yoga devotee for the past 20 years, and teaching for the past four throughout the South Jersey area, and am proud to call Mays Landing home. In my all levels, modifiable classes, one can expect a spirit of creativity, discovery and learning in a safe and guided setting. I believe everyone can do yoga... no flexibility or previous experience necessary. It is my mission to bring yoga practice to anyone with an openness to learn and a heart for adventure; it's not about the shape you make, as much as the observed affect a pose will produce in the body. Let me welcome you onto the yoga mat and into a new understanding of the way your mind, body and spirit connect!

*Pray. Play. Namaste*

