**Carolyn Kincaid-Anderson Bio**

Caro’s journey into yoga began in 2008 with a desire to simply improve her physical health. In the years that followed, the positive impact hatha yoga was having inspired Caro to deepen her practice by immersing herself in the basic teacher training at the Satchidananda Ashram, Yogaville, Virginia. In the Spring of 2012, Caro earned her 200-hour certificate in the Integral Yoga tradition and immediately began teaching classes in the small community where she lived. By teaching regularly at the local YMCA, at a doctor’s office, a church, and the men’s and women’s cross-country collegiate teams, Caro learned to adapt every class to the varied abilities of the participants. Students are gently reminded to honor the body and to, in the words of Sri Gurudev, “Take it easy, but not lazy.” Caro believes that each person is their own best teacher and that her role is to facilitate the individual’s journey into yoga by offering non-judgmental, caring guidance and support.