

Carol Ann Sonnenfeld

E-RYT 200



Carol Ann began her journey with yoga in 1997 and completed the HAYC Teacher Training Program in 2012.

Her prior career of providing hospitalized patients with therapeutic interventions to reduce fear and anxiety has helped her understand how yoga can benefit each student in their unique journey to health and wellness.

Carol Ann readily shares her positive energy in her yoga teaching, inspiring her students to see their full potential and face the rollercoaster ride of life. She teaches Yoga 1-2 and Yoga 2 classes at The Health Advantage Yoga Center.