**CAROL MAHAN Bio**

Carol Bodhini Mahan is a native of Richmond, Virginia. Yoga has been part of my life for over 4 years now. It has helped me to not only gain flexibility but to realize positive change is achievable. By setting small achievable goals a little bit at the time, my life has been transformed in mind, body and spirit. We all struggle with different issues in our lives, and the good news is that Yoga can provide tools to survive many challenges we face each day.

I completed my 200 hours of integral yoga teacher training in April of 2016 and am looking forward to sharing all that I have learned in a fun, playful and safe environment at the Integral Yoga Center of Richmond. Please join me on my continuing journey with Yoga and all it has to offer.