



## OUR TEAM



### **HEATHER GARRIGUS**

#### **Studio Owner**

She originally started her yoga journey in 2010. She had more free time and decided to try something new. It was at this time she fell absolutely in love with Yoga. It was in September of 2016 when she graduated from Jane's House of Well Being with a 200-hour certification and began her teaching journey.

After working in her community and sharing her knowledge with students as to all the many benefits of yoga she decided to further her individual growth. She continued her education and received numerous certifications in Yin, Restorative, Deep Buti and Yoga for all.

She received her 500-hour yoga certification in May 2021. She joined the River Bend Growth Association Ambassador Committee in 2023. She received her Kundalini Yoga certification August 2023. She also received her Mindful Healing Practitioner and Ayurvedic Nutritionist Certification in 2023.

Her passion has always been beginners. She loves to offer classes that are fun, lighthearted, and not so serious. She is always joking around while teaching classes.

She decided to open Heather's Zen Den Yoga Studio as an outlet to share her love of yoga with the community while offering various classes at an affordable price. She wants students to feel comfortable while attending classes because yoga really is for everyone.

When not at the studio, she likes to spend her free time with her loving husband, Jason. She also has three cats named Sam, Dean, and Maggie. She loves learning new things and meeting new people.

## CHANDRA

Chandra's love and appreciation for movement and dance are limitless. She has been dancing since a young child and has always wanted to find a way to share her love for it. The practice of Yoga presented itself in her college years and she was immediately hooked.

Once she heard of Buti Yoga in 2018 she was compelled to become certified and learn more about the practice. This practice combines her personality and passion for yoga and movement and her hope is to uplift others to be the best version of themselves while encouraging that deep and positive connection with the self and others. Buti Yoga is a practice of going within to discover your true power and full potential.



It's more than just a workout. It is a combination of dynamic yoga fused with primal movement and deep abdominal engagement. It is cardio intensive allowing you to tap in and sweat with intention while transforming your mind, body, and soul.

She recently earned her 200 hour yoga certification and continues to find herself on her own mat daily. She believes being a student helps her to be a better teacher. Chandra also teaches high school graphic design courses. **COME JOIN OUR TRIBE...WE ARE WAITING FOR YOU!**



## ANDREA

Andrea found yoga in 2008 after two balance related injuries within 6 months. Interested in finding balance in a low impact way Andrea started taking yoga classes. After a while yoga offered more benefits than the physical balance she was looking for.

Intrigued to find out more she attended West East Yoga in 2018 for her 200 hour certification. In 2019 she continued her yoga journey and obtained her 300 hour certification. In 2023, Andrea received her 220hr Kundalini Yoga Teacher Training Certificate.

Andrea likes to focus on using props and a low and slow approach. "The great thing about yoga is you do what your body can do and practice makes progress."

## LOUISE

Louise has a B.S. in Human Services from SIUE, specializing in deviant behavioral studies. She is an E-RYT 200, E-RYT 500, Yoga Teacher Trainer, and Y.A.C.E.P. with over 50 years of experience with breathwork, athletics, mindful movement, and social justice.

A lifelong career working with at-risk youth and families, combined with extensive training and experience in crisis management, de-escalation, and hostage negotiations, inspire and inform her practice and ability to see and communicate the potentially lifesaving benefits of yoga, meditation, mindfulness, and breathwork. Louise is trained in Breath to Heal with Max Strom, Yoga Shred with Sadie Nardini, and is a Reiki practitioner.

Additionally, she is certified in Vinyasa Yoga, Yin Yoga, Restorative Yoga, Yoga Nidra, Trauma-Informed Yoga, and Kundalini Yoga. Louise specializes in Adaptive and Trauma-Informed Yoga, focusing on reducing stress, anxiety, and depression while increasing resilience. She enjoys water activities, traveling, gardening, reading, learning, and outdoor adventures.

Her practice is inspired by her understanding that “the benefits of yoga are phenomenal, not just for the individual – for the world.” Louise loves bringing yoga to people and meeting them where they are – mind, body, spirit. Expect a relaxed and welcoming atmosphere, playfulness, and exploration in her classes.

Louise teaches Restorative, Yin, Hatha, Vinyasa, ViniYoga, Chair Yoga, Yoga & Breath Work, Yoga Nidra, Trauma-Informed, and diverse workshops.



## PAM

She discovered yoga in 2009 as a way for staying in shape and helping with flexibility. It was love from the start! Her practice has continued, increasing in frequency, until deciding to take the next step in 2022 when she completed her 200 hour yoga certification.

You can find her on her mat just about every day, sometimes as student, sometimes as teacher. Always looking to learn something new and impart her love for grace and movement to others.

Pam believes that yoga is accessible for everyone and will offer modifications to poses to meet each student's own abilities. She specializes in Vinyasa Flow, stretching to improve posture, and Wall yoga.

You will use a variety of props from time to time in her classes and you will always find something new to try. Come check it out and see for yourself!

Away from the studio, she enjoys spending time with all her granddaughters and family and training her new puppy Nala.

## **SHEENA**

Sheena's curiosity brought her to yoga. With a passion for understanding and finding something in yoga that drives her.

As she continued to find out more, the more she wanted to know.

Graduating from Yoga Teacher Training she is excited to start at Heather's Zen Den to come full circle from starting on the mat to teaching,



## **JESSICA**

Jessica's love of yoga started 30+ years ago while attempting to recover from a back injury and as she aged, she realized how important yoga was for her.

She worked in healthcare for 30+ years in Occupational Therapy. She quickly learned that to keep moving was a key ingredient in obtaining better health. Yoga fits in perfectly!

She has been teaching for 6 years and have immensely enjoyed her experience! . You will quickly find she also give little hints and lessons on body mechanics and breathing techniques.

She likes to incorporate essential oils in most of her classes to help assist you in finding your ZEN in yoga.



Andi began practicing yoga as a way to cross-train for her fitness program, but after stepping on the mat she realized how quiet her mind became for the first time in her life, and her yoga love affair began that day.

In 2018 she was accepted into the Yoga Buzz 200-hour training program graduating in December of 2018. Through her yoga teacher training and its trauma informed emphasis Andi learned to meet students where they are and has taken her practice to libraries and yoga studios throughout the St. Louis Metro area. She has participated in training such as Body Positive Yoga with Amber Karnes and Yoga in Bold with Susan Somers-Willett that has helped her build a philosophy around the fact that every 'body' is a yoga body.

She has taught many varieties of yoga in the past 4+ years, but she loves meeting fellow yogis of all backgrounds and helping them discover the practice for the first time or coming back to the practice again. During her time teaching Andi has taught a little bit of everything from vinyasa yoga, slow flow, deep stretch, yin and restorative.

When not on the yoga mat you can find Andi spending time with her husband Matt on various adventures and road trips, volunteering at Bellefontaine Cemetery as an archivist and tour guide, reading, watching all of her favorite St. Louis sports teams and her beloved Missouri Tigers, and listening/dancing to K-Pop. Andi holds a degree in Political Science and Communication from the University of Missouri in Columbia and most recently received a degree in Psychological and Brain Sciences from Washington University in St. Louis, where she has worked for 12 years. Her dream is to eventually get her Master's and PhD in Social Work and Public Health with an emphasis on Global Mental Health.

In the meantime Andi looks forward to practicing alongside you and seeing where your yoga journey takes you!

## ANDI

