

Ten years ago, my life seemed perfect: a dedicated teacher, happily married, with our newborn son. But fate had other plans.

Out of nowhere, health issues started plaguing my son. Waves of worry crashed into my heart as doctor's visits blurred into a never-ending carousel of diagnoses and treatments.

All I was left with was the haunting question: when will my baby get better?

Like any mother, and with the unwavering support of my husband, I left my job to care for my son amidst the adversity of the unknown.

After facing the struggles of tending to a child whose illness remains a mystery, today, I am reminded of the resilience that resides within us all.

A new purpose emerged for me through the journey of raising a family—a calling to empower mothers on their path to wellness and guide them through the challenges of parenthood.

Through the practice of yoga, holistic wellness, and continual learning, my aim is to support individuals in their journey towards self-improvement.

By sharing my own path, I aspire to inspire others to embrace their unique adventure—to rise above challenges, find renewed purpose, and become the fullest expression of themselves.

Follow me here for inspiration and updates on our shared path to empowerment.

#RisingFromTheAshes #CareerLearner #HolisticWellness"