

I have been practicing yoga with Keely for nearly five years now! I followed her from one studio to another and have also hired her to lead private yoga sessions for our family, from teens to seniors! Keely consistently leads a yoga practice that is intelligently sequenced to meet the needs of anybody, from seasoned practitioner to a first time yogi. Her cueing is clear and easy to follow, rooted in concepts of good alignment - it's easy to have a total flow experience as she helps you join mind and body. Keely has a personal background as an athlete and therefore is adept at modifying or suggesting poses and flows to meet your physical needs. If you're looking to start a yoga practice, or to level up, Keely does not disappoint! Lastly - I'd also recommend Keely if you're interested in Thai massage. If you haven't had a Thai massage, it's like getting all the benefits of a vigorous vinyasa or hatha yoga practice in a passive way - without doing any of the work. Keely can focus on problem areas or she can provide an overall whole body massage. Either way you will discover balance in your body. For me, I found the massage to assist in relieving discomfort from digestive issues. **-Amanda**