



## Paige Wyatt ~ Yoga Instructor

Paige brings passion and intensity to her classes. She combines stretching, strength building, spirituality, and relaxation in a beautiful way. As a gymnast from the young age of 4 years old, Paige Wyatt was doing headstands and backbends before she could do math. From the words of one of her students, *“Don’t be fooled by her sweet and playful nature! Her classes are challenging, and she will invite you to go beyond what you think your limits are.”* Paige teaches in the Vinyasa Flow style with Forrest principals. Her teachers include Ana Forrest, Jonathon Bowra and Judith Hanson-Lasater.



**Paige Wyatt**  
Vinyasa Flow Yoga  
Slackline Yoga