

Mick Morgan, Soul Sweat Asana Teacher

“I need something to do in the evenings that is relaxing, fun, and brings me around nice people.” This is the thought that brought Mick to begin practicing yoga in May 2006.

Shortly after, he was sharing yoga with relatives on many occasions on the kitchen floor at Christmas dinner, or spontaneously guiding curious friends into a full session in the living room while watching TV. It was this realization that guided his passion to instruct since May 2007.

Mick teaches Soul Sweat Asana, a dynamic yoga style created by Wendy Gross-Pinto under whom he acquired his 200-hour yoga certification in 2010. This style of yoga encompasses many elements of yoga and fitness (e.g. vinyasa flow, dance, pilates, NIA) which challenges the body to grow all while also finding greater freedom and ease.

Mick brings his fervent flare to the session from his love of freedom through movement. He enjoys seeing the immediate and long-term benefits received by those who practice yoga and is grateful for how yoga has transformed many of the physical, mental, and spiritual aspects of his life.