

Stacie Cannon

Adjunct Instructor

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I started practicing yoga in college, stepping onto my mat to explore all forms of yoga as a desire to live more comfortably in my body. I began teaching yoga in 2003. Since then, I have continued to learn and grow through certifications, trainings, and my teachers. My approach to teaching yoga has evolved over the years; however, the desire has always been to guide people to really live in their bodies and connect to the breath and spirit. I love to weave more than just a physical practice to my classes; I desire to help my students learn more about how to cultivate a sense of unity within themselves and also with God. I love getting to know my students and investing in them; it is such an important part of the work I do.



Academic Background

- BS, Recreation/Exercise Science, Grand Canyon University

Expertise and Interests

I have had the pleasure of teaching yoga for more than 15 years. In addition to teaching yoga as a certified instructor, I am a certified Sound Healer and Reiki Master. I lead workshops and intensives on a regular basis. I teach on yoga, sound healing, and meditation. I also have studied Holistic Health Counseling through the Institute for Integrative Nutrition.

Outside the Classroom

I love the outdoors and connecting to the immense beauty of nature as often as I can. I enjoy reading, cooking yummy vegan food, and maintaining my daily practice. I am also thankful for my loving family, my son, my husband, and all of my wonderful support system.