

# PHERN WRIGHT



## MEET PHERN

Phern began her fitness journey back in 2015 when she decided to pursue her Yoga instructor certification. Since then, Phern has been a wonderful addition to our staff when she joined in 2015 and upon her return in 2022! Phern was inspired to start teaching Yoga while seeking balance in her own life. She has always been curious of how our bodies function, the psychology behind the movement, and how to create the best version of ourselves. Through this journey, Phern has brought with her a wealth of knowledge that she shares with all those who she comes across.

## ADVICE TO PATRONS

“Trust the process. Keep practicing to keep practicing! And don’t forget to stretch your feet!”

## REWARDING MOMENT

“It is the many small moments when curiosity of movement becomes small but, powerful victories for the students in my class.”

## SPECIALTIES AND FACILITIES

### Certifications:

200hr RYT

### Train with Phern:

Cedar Hills (Flow - T/Th at 11:30a)

Conestoga (Flow - Wed at 5:30p)

Garden Home (Flow - Wed at 9:30a &  
Adaptive - Wed at 10:45a)

Nature Center (All Levels - Tue at 6p)