

Pennie Nichols

RYT 200



Pennie was introduced to yoga in her early twenties. Over the last decade, she has discovered that yoga infuses every aspect of her life. Her practice focuses on the connection of mind and body with spirit through awareness of breath. A desire to deepen her spiritual practice led her to complete a 200hr immersion yoga teacher training under the direction of Jacqueline Chiodo in 2015.

Pennie's love of the outdoors goes back to a childhood dedicated to exploring in nature. In 2013, she summited the highest free-standing mountain in the world, Mt Kilimanjaro. And in 2015, she took a 4 day trek along the Inca Trail to Machu Picchu. Always up for a new adventure, she loves planning trips for friends and family and leading explorations around the world.