



EVERGREEN™



CARRIE SPEED



YOGA INSTRUCTOR

With over 15 years of dedicated yoga practice and four years of teaching experience, Carrie brings a wealth of knowledge and a nurturing spirit to her classes. She's not just a certified yoga instructor—she's also a mom of five with a bachelor's degree in psychology from Stephen F. Austin State University and over a decade in child welfare, so she knows firsthand the importance of balance, resilience, and self-care.

Carrie's classes are all about gentle, accessible flows that invite you to move, breathe, and find self-compassion in each moment. Outside of teaching, you'll find her hiking, reading, swimming, and making memories with her family. Join Carrie on the mat for a practice that nurtures both body and mind!

CONNECT WITH US

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www.playmyhoa.com/locations/evergreen

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