

## **VALARIE SAMULSKI**

Valarie Samulski is a summa cum laude graduate of Duke University with degrees in Medical Sociology and Dance. She was a Master Teacher at Yogaworks NYC, certified in both Pilates and Yoga. She has worked nationally with people of all ages and abilities in a variety of settings including studios, schools, community workshops, private practice, and teacher training. Her work is educational, highly individualized, and focused on embodied awareness. Valarie is committed to helping people integrate their bodies, minds, and breath into a conscious whole.