

Name: Carmen Cavanagh

Links: Website, FB, IG, Twitter, Snapchat, Youtube, etc.

My personal FB and RHY Virtual FB page

Contact Info: email, phone, etc.

Chefcarmenelena@aol.com, cell #336-457-3041

RHY History: Practice at the studio from the first class held till the closing due to pandemic.

Future Teaching Plans, Style, Method, etc.:

_Plan on teaching on zoom and in person whenever it is safe to do so. I am open to teach whatever style the student wants. I am available for private sessions.

Teaching Schedule:

Don't have one yet. Looking at doing Sunday Morning Yoga church at 10am on zoom.

Rates:

Online classes will be \$10.00 Private classes \$75.00 per hour with 3 people max.