

Nicole Pugh Bio

Nicole has been a practitioner of yoga for over a decade, and has taught yoga in Cookeville, TN since 2014. She is certified and registered with Yoga Alliance as an RYT-200, and is currently completing an RYT-500. Her post-nominal designation is RYT. She also has continuing education and certifications in Vinyasa yoga, Yin yoga, pranayama (breathing) techniques, yoga anatomy, and mindfulness and MBSR techniques (mindfulness-based stress reduction). Nicole is passionate about infusing mindfulness into all of her classes, and believes that the skill of attention has the potential to empower and transform us all. She has experience working with all levels, and has done specialized work with beginners, kids, and athletes.

Additionally, Nicole is a lecturer in the Exercise Science Department at Tennessee Technological University and operates a Yoga studio locally in Cookeville where she helps clients to reach personal health goals and develop an overall lifestyle of wellness.