

Allison Modafferi Brewster
www.HeartOfTheMatterYoga.com
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Upon hearing the phrase “jack of all trades”, I immediately think of Allison Modafferi Brewster with whom I had the pleasure of meeting many years ago. As is common, I met her through mutual friends. She was tickling the ivory and signing in a band with two other Charlotteans known as Volatile Baby. The other members, Brenda Gambill and Gina Stewart, are very dear to me. Together they had a beautiful sound and had a moving harmony that I felt was reminiscent of the 10,000 Maniacs or Fleetwood Mac. That outfit no longer performs together but Allison is still in the studio teaching voice training and piano. Music has always been a love of hers and she is actively sharing this heart-stirring gift to a new generation.

Her other passion is yoga. Upon finishing her first yoga class in 2001, she felt a (full) inch taller and knew she had stumbled upon a wonderful life path which immediately led her to a strong desire to be instrumental in other people experiencing this phenomena. Following this dream just two years later she gained her teaching certification and her first group of young, eager yogis. She partnered with the Lark and Key, the YWCA and Sangati and has now found her home as a teacher and the studio director at Be Yoga. She draws inspiration from Vinyasa Yoga, Acro-Yoga and aerial silks and through her project “Heart of the Matter”, she teaches custom private sessions addressing the pupil’s needs for training, cleansing or healing.

Alongside husband Grey, Allison has begun to host retreats in the NC mountains. These three day, intense yoga workshops focus on learning alignment and breathing and are coupled with kinship, de-stressing and feasting deep in the beautiful, humbling nature of the

Bend of Ivy.

In the next few months, she will launch an online intentional living program called "The Art of Being Happy". This program is rooted in the practices of yoga and incorporates healthy eating. It is designed to improve health and happiness through some simple, daily, sustainable steps. It has been modeled by her own quest for balance and peace which is evident as she states, "Yoga has given me the tools to be happy and to have everything that comes along with that attainment. After years of holding back due to anxiety and a weighty self-doubt, yoga has given me confidence, freedom and a certain fullness. I continue to cultivate a deeper connection with higher wisdom and through a focused self discipline I have gained a much needed intuitive clarity and a stronger sense of self. My decisions are more fluid, I have more courage and I am more loyal to my commitment of choosing to celebrate this amazing experience of life."

At home with her husband she delights in the creative play of cooking and often brings what she learns to her clients. She is a truly enchanting person. She is talented and an inspiration. Do not miss the chance to practice yoga with her and enjoy her enthusiasm for life. Namaste.