



reach & RAISE

YOGA FOR A REASON



Meet your instructors:

Chanda Murphy

Chanda found yoga (or rather, yoga found her) when the stress of life demanded a change. She immediately fell in love with the practice and philosophy of yoga and its potential for encouraging a more mindful world. Chanda is a wife, mother and professor at Christian Brothers University. She holds a PhD in Experimental Psychology from the University of Memphis and is co-founder of [Pretty Zen](#), an endeavor to help bring more community yoga and mindfulness to the area. Chanda earned her RYT 200 certification from Kim Anderson and Tamara McColgan of True Yoga East.



Anna Underwood



Anna is a stay at home mom of three who has been deeply transformed by the discovery of yoga. Yoga allows her to be kind to herself, engage in the moment, stretch her body and clear her mind – all at the same time!

Through [Pretty Zen](#), she hopes to share with others the peace and clarity this practice has given her.

Anna graduated from Rhodes College with a B. A. in Creative Writing and earned a Master of Arts in Teaching from Christian Brothers University. She completed her RYT 200 certification with teachers Kim Anderson and Tamara McColgan of True Yoga East.