Bio

Tennessee native, Mindy Norris has always been enchanted with style and fitness. In 2007, Mindy discovered Scenic Highway 30A and packed her bags for the beach, where she quickly became one of Walton County’s top stylists. But it wasn’t long before Mindy also became one of the area’s most sought after yoga instructors. In 2013, she set her sights on teaching yoga to help restore the mind, body, and energy of her clients. Training under Walton County’s top yoga gurus, in just five years Mindy ascended into the role of a seasoned yoga practitioner who teaches from her palette of yoga principles, rather than the rulebook. Her classes combine playfulness and humor with intense strength and core training and meditation to complement her well-known sense of style and spirituality.