

Adia Daniels, M.S.Ed., RYT200 (she/her)

Name Origin: Swahili / Pronunciation: uh-DEE-uh

Adia has worked in higher education and nonprofit spaces for 14 years where she's had experience in advocacy, curriculum and policy development, training, and facilitation related to sexual and interpersonal violence. In 2022, she left the traditional office space to focus on facilitating yoga; meditation practices within the local community. This journey has allowed her to integrate wellness practices with her passion for supporting folx in trauma healing & emotional well-being.

Adia earned her Bachelor's degree in Psychology at the University of South Carolina and her Master's in Education from Old Dominion University in Norfolk, Virginia. She earned her 200-hour Registered Yoga Teacher (RYT200) certification from the Asheville Yoga Center in 2019.

Adia currently lives in Columbia with her amazing son and three dogs.