



Samantha is many things ranging from yoga instructor and dancer to artist and philosopher. Born and raised in Thunder Bay, she would spend hours as a child playing dress-up, singing, playing piano, drawing, painting, and writing poetry. When she wasn't dabbling in the arts, she was contemplating the deeper questions in life. In high school, Samantha pursued every artistic venue possible and was always involved in extra-curricular acting and musical programs. Graduating with an honorary certification in the arts, she continued on to pursue Philosophy and Visual Arts at Lakehead University. In the final year of University, Samantha decided that upon graduation she would seek out professional dance lessons.

In September 2011, Samantha stumbled across the World Dance Centre and enrolled in her first Bellydance class. A new passion for cultural dance ignited in her. Since her first class, Samantha has expanded her repertoire to include Bhangra, Bollywood, Bachata, Russian Romani, and Persian dance-- just to name a few. In November 2012, she became a licenced Zumba Instructor, refining her qualifications in March 2013 to include teaching children ages 4 and up. By August 2013, she received her 200 hour certification in Hatha yoga which, along with dance, she has come to teach full-time.

The latest training adventure culminated in July 2015, where Samantha finished her Fundamentals training in AntiGravity Fitness.

With all the teaching and dance experience under her belt, Samantha set off on an adventure in October 2016, spending 13 months travelling around Australia. This was a time to tune in and reconnect with what it meant to "be." The journey included hitch-hiking, camping, multi-day hikes, working on a farm, and sailing. While exploring new territory, Samantha took the opportunity to delve deeper into her personal practice of yoga and bellydance.

Now back in Thunder Bay, Samantha hopes to share the deeper knowledge she gained from travel and from exploring movement without boundaries. When you're about in Port Arthur, keep an eye out for winter cyclists- you may just spy Samantha commuting between work and yoga classes.

You can contact Samantha at therootedwarrior@gmail.com for more information or to register

