

My love for sports started from the age of 5 when my mom took me to gymnastics lessons. Huge curiosity about human body and movement lead me to study Sports Sciences at University of Tartu where I also got my masters degree. At university I had a chance to explore different kinds of sports and activities.

During my studies I was teaching gymnastics to little girls and also started teaching group fitness classes at a local sports club MyFitness, where I still teach. My beloved mother is also a teacher (English language), so I have always thought that it is already in my blood. I enjoy teaching mostly because I love seeing kids progress, learning and getting better at something and the connections I develop along the way. I truly believe that human body is made to move. My goal is to motivate children to move and enjoy sports, because of the goodness it has brought into my life. Sports is also a great way to teach discipline and develop good habits.

Travelling is my other big passion. Eight full summers I spent in USA and Canada working and travelling. I was selling educational children's books while living with local host families. One of the most unforgettable experiences was living with the Amish and seeing their everyday life and how and what they learn in school.

I also love yoga and that is another thing I enjoy doing on my free time. Most of my travels these days have something to do with yoga – yoga teacher trainings, retreats. I enjoy active vacations the most.