

Meghan Gaspers is a Licensed Massage Therapist and Bodyworker, Registered Yoga Teacher, and Certified Holistic Health and Life Coach. Meghan left her hometown of Cody, Wyoming to learn the healing benefits of Massage Therapy in Costa Rica nearly a decade ago. A few years later she traveled to Southeast Asia to dive deeper and gain a better understanding of the eastern philosophy of Thai Yoga Massage and energy work. After many years of extensive traveling, teaching, and working in various settings, Meghan settled in Alexandria, Virginia opening a wellness practice. It is there that she rounded out her skill set by studying to become a yoga teacher and coach.

Meghan has dedicated her life to learning, traveling, and living a healthy lifestyle leaving behind a minimal carbon footprint. She has mastered the art of massage, specializing in therapeutic work for all needs, by taking an intuitive approach to her work. She loves working with those who appreciate the fragile balance between wellness and illness, taking responsibility for their own health. She believes that a client must show up prepared to do the work, be it for a massage, yoga class, or a coaching session. Therapies are not done to us, rather facilitated for us. Change manifests when we show up ready and present. As a new mother, Meghan especially loves working with moms to be. Most recently, Meghan, her husband, and two children moved back to Cody to be closer to family and to appreciate the slower pace of life out here in the Rockies. In Cody, she established Firefly Yoga and Wellness, and has enjoyed sharing her knowledge and passions with those residing in the area, and visitors alike. When not at work, Meghan enjoys spending time with her small children and husband, exploring the beautiful nature surrounding the area, camping, hiking, traveling, reading, cooking, and laughing with friends.

Check out her yoga classes, massage and coaching sessions on her Firefly Yoga and Wellness Facebook page or website [www.mehangaspers.com](http://www.mehangaspers.com)