Stacey Millner-Collins

Stacey Millner-Collins is the founder and director of City Yoga in Columbia, South Carolina. She first came to her yoga mat in 1994 as way to unite a dedicated physical discipline with a spiritual one, and she has studied with numerous respected teachers. The deepening of her practice impelled her to take a solitary heroine's journey to Nepal in 1996 and, with her young family, to India in 1997 to study where the yoga tradition began. These experiences inspired Stacey to pioneer yoga in Columbia, S.C., where she opened City Yoga, in 2003. With further in-depth and rigorous study, Stacey became certified in Anusara Yoga in 2006 and embarked upon the practice and study of philosophy, meditation and Ayurveda.