



ONE SOUL YOGA & WELLNESS CENTER



SCOTT MCDEARMONT

CYT 200 SUB

Scott is a physician and certified yoga instructor who found an interest in yoga after experiencing the health and calming benefits it has on the mind and body. He obtained his 200 hour yoga teacher certification in 2019 at Our Town

Yoga with Melissa Pierce. His interests include a broad range of topics on yoga in relation to health and wellness. He is an occasional substitute yoga instructor at One Soul Yoga and enjoys leading meditation and Yoga Nidra. Outside of his medical practice and the yoga studio, Scott enjoys tending to his flock of chickens, traveling and family time.