

What's Your Story, Tiffany Anne Smith?

Tiffany Anne Smith runs The Living Well Coach in Pembroke Pines, Florida, and her practice as a Yoga teacher is supplemented with health coaching she provides to her students and other clients. A bubbly, spirited Yogi with a heart of gold, she brings both technique and expertise to the table as she bends her clients into a healthier, happier state of body and mind.

- **When did you start working in the field?**

I started teaching yoga right out of my 200-hour training in March 2014, and I will begin my health coaching practice with Integrative Nutrition® this October 2015.

- **What made you decide you wanted to pursue this career path?**

I used to be in the financial services industry, but I always knew that it was one big show and that I was never honoring myself and my true spirit. Then, all of a sudden and all at once, my life was poised to change completely while I was planning my wedding and I decided that I was going to do something I really loved. I had been practicing yoga for many years, and all of a sudden and all at once I was awarded a business grant from the Urban League of Broward County and there was a high-level training starting ten minutes from my new house! I was in complete alignment and I've never looked back!

- **Who/what was the biggest influence when you were starting on this path?**

My husband is my #1 influence. He is so committed and disciplined in everything that he sets his mind to, and I really need that influence because I tend to walk on the more "what feels good today?" side of the street.

- **What is the favorite aspect of your career?**

I love the creativity and learning! Every class is different, every student is different, and there is so much out there that I will never know everything – that is what stokes my fire.

- **What sets your practice apart from others?**

I teach a powerful class, but I do while sticking to the basic postures and just flowing them together in fun new ways. Also, I have the best and funkiest playlist (for real).

- **What do you think is 2015's weirdest health fad?**

I always think it's super weird when people jump onto the latest diet bandwagon without any experimentation on their own bodies before committing to it. ([shameless plug] 2015's most awesomest health fad? Standup Paddleboard Yoga!)

- **What are your 2015 Goals?**

2015 will be the year that I create a gorgeous website full of powerful and creative content, and begin my health coaching practice!

Author:

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