



Vickie Miles –

Vickie Miles has had a long career as both a teacher and social worker. She has taught English and government to high school students, taught parenting classes for young parents, and provided counseling, advocacy, and access to resources to young families. She holds a BA in English from Texas A&M University, as well as an MA from Stephen F. Austin University.

After a health emergency nine years ago, Vickie became an amputee when she lost her left leg below the knee. While a rehab patient, she was invited to her first ever yoga class. The experience has helped her change her focus from what she can't do- to what she can do.

Always an advocate for social justice, she volunteers with Accessible Resources for Independence, and is a member of the Affordable Housing Coalition.

As a board member for Y4A, she would use her skills, knowledge, and personal experiences to help others gain the valuable physical and emotional health benefits from yoga that she has had.