



www.fitforlivinglife.com

Carolyn Moos- 6'5" played USA Basketball, B.A. from Stanford, FIBA/WNBA pro experience, M.A. from USC in Health Communication Management and Certified personal trainer, yoga instructor and nutrition consultant. I promote not drinking and overall healthful lifestyle choices. I provide live and Skype yoga, online nutrition log analysis and basketball skill development.



Yoga Video Clips

https://www.youtube.com/watch?v=nnWq1F3Q_64

<https://www.youtube.com/watch?v=OCBacf1y8E4>

Stanford Basketball Video highlights

<https://vimeo.com/75319813>

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