

# Carrah Quigley

Kansas City, Missouri

**Carrah Quigley is an international speaker, writer and fitness instructor. She believes life is a moving experience. Whether moving or being moved, our right to claim our humanity and make sure bodies matter to the powers that be is the whole point. She teaches Yoga, Barre and Bootcamps at private clubs and Genesis Health Clubs in the Kansas City area.**

**You can visit her and her big mouth on IG [@carrahq](#) or [@thedisdoqueen](#)**

**In Person Classes:**

**<https://www.genesishealthclubs.com>**