Beau is a Fort Worth local and business owner who owns and operates Live Urban Fort Worth. As an avid traveler and surfer he was turned on to yoga a few years ago when his surfing instructor in Costa Rica told him that he should start practicing yoga to aid in his surfing skills. Being a former bicycle racer, cyclist, and surfer he knew that yoga would help in his athletic ability to play and enjoy the sports he loved. Beau took his surf instructors advice and began practicing daily and gained his 200 Hour RYT teacher certificate in June of 2017, and Yoga has now become the biggest focus for his health, personal wellness, and athletic pursuit. As a former school teacher, educator, and business owner his love for helping others is a big part of his daily life. Beau found that Yoga not only helped his athletic ability, but believes that yoga is healing, provides clarity, and strengthens the mind and body. He is very excited and honored to help others grow in their yoga practice and journey.