

# Cathy Struecker

2019

What one word best describes you?

**Genuine**

**Title:**

**Owner/Yoga & Wellness Professional**

**Employer:**

**Cairn Yoga & Wellness Studio**

**Lives In:**

**Rural Marion County**



## **Activities:**

Knoxville Wellness Coalition  
Knoxville P.E.O.  
Montgomery Street Preschool Board  
First United Methodist Church

## **Education:**

High School: Stanton  
University: Iowa State University  
Other: Registered Yoga Teacher through Yoga Alliance

## **Working in Marion County:**

I appreciate the small town feel that owning a business has: personal connection with customers, the resources of being a part of a Chamber, and being within walking distance of downtown businesses and amenities.

## **Living in Marion County:**

The opportunities for outdoor recreation, small town living and close proximity to larger city amenities.

## **Career Advancement Opportunities:**

Our communities need entrepreneurs with unique and fresh ideas and who are willing to bring resources to the residents of Marion County so that we are keeping dollars within our communities and giving others reason to move to our communities.

## **Favorite Place to Relax:**

I enjoy taking in a later afternoon or evening at Peace Tree, going for walks around town or on the trails or one of the many campgrounds at Lake Red Rock, and spending time on the water boating or kayaking. It is a bonus when there special events going on or live music or entertainment at one of the local venues.

## **Career Advice to Teens:**

You can start now! Teaching yoga and practicing yoga is something that can easily begin when you are in high school. The benefits of practicing will help tremendously, plus it could offer up an easy part-time job opportunity after graduation and beyond! It's definitely a life skill.

