

SARAH FRICK | FOUNDER, THE WORKS A SWEAT STUDIO

Sarah Frick has been in the yoga and fitness industry for 16 years. After opening and operating two successful power yoga studios for 10 years in Charleston, South Carolina, Sarah sold both at the peak of their success to rebrand not only her fitness concept but herself. She wanted more than just a fitness experience. Sarah's life had changed. She had changed. She had grown. She had experienced loss. She had experienced grief. And, ultimately, she had experienced grace.

Losing her first child, Grace, in early infancy was a pivotal point in Sarah's life. It truly defined the buzz phrase "be present." Losing Grace dropped Sarah into her body, into her heart, and into her life to truly see what was important and what mattered. From that, The Works Method started to bud and to take life.

This practice she created—The Works Method—is extremely physical. The class combines heat, vinyasa yoga flow, cardio, core, sculpt, body strength work, meditation, and oh-so-much heart work...all taught to a bumping playlist. Imagine you're in a packed room and everyone is moving and breathing and sweating and not only are you being physically pushed but, at the same time, you're being mentally stimulated to dissipate the excess and move through the roadblocks that you keep coming up against.

Something Sarah often speaks to in her classes is: *Everywhere we go, there we are.* She inspires people to think, *If I can work through some of this shit on my mat, imagine what I can do in my own life.* Sarah has worked with people as they have navigated grief, sobriety, divorce, depression, change, transition—and the list goes on. The work done in the Works room is life-changing.



Sarah currently lives in a little beach town with her three wild children and equally wild husband. She loves a good laugh, her music up high, watching her babies grow into cool little humans and she loves salt in all forms—a good cry, the beach, and tequila no ice. Most of all, she loves to do the work that works, whether that's in the room sweating or with her family and friends.