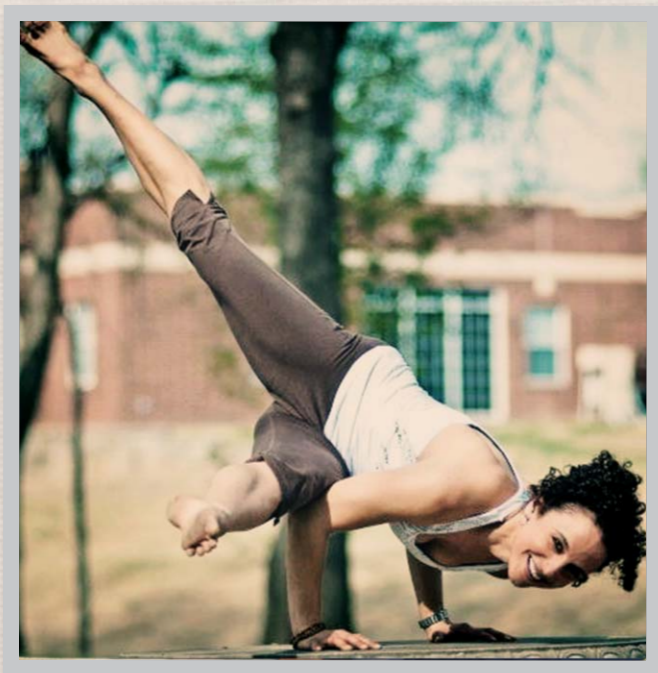


# Meghan Donnelly



**Title:** Founder/Owner

**Company:** Inner Peace Yoga

**Birth date:** Feb. 2, 1977

*“Be the change you wish  
to see in the world.”*

– Gandhi

Meghan Donnelly didn't start out with the intention of becoming a yoga instructor. Instead it was something she had turned to in desperation. Donnelly was working 50 hours a week, going to university classes, stressed in her personal life, and nursing two severely injured knees.

“Something had to change,” she said. “I was in constant pain and extremely unhappy. When I tried yoga for the first time, it was like finding therapy, knee rehabilitation, exercise and happiness all at the same time. I knew yoga was the answer to the peace I had been searching for, as I had never felt better physically, emotionally or mentally.”

Donnelly soon began teaching yoga at Oklahoma State University's Wellness Center, later moving to Madrid, Spain, where she pursued more training and was certified. While working full-time as an international marketing and communications specialist for T.D. Williamson, she taught yoga on nights and weekends.

Not content with just teaching yoga, however, Donnelly also exercised her business acumen and opened her own facility, Inner Peace Yoga, in 2005.

“The scariest day of my life was in September 2005 when I signed a business loan, signed a five-year lease and quit my job all in the same day,” Donnelly said. “It was all worth it, though, as I get to see people's lives dramatically transformed every day through the practice of yoga.”

Donnelly said her 60- to 70-hour workweeks are challenging, but that she loves the opportunity to help her clients and to educate the public about the benefits of yoga, especially through her monthly guest appearances on Tulsa's KOTV Six in the Morning television show.

“People with Meghan's passion are rare and hard to find,” said Robin Buerge, chairman of Grand Bank. “She is bright, energetic and absolutely passionate about her business.”

“Meghan is not just a fantastic yoga instructor, she is an excellent businesswoman as well,” said Thomas Wilkins, chairman, president and CEO of Trust Company of Oklahoma. “She expertly navigates a difficult business climate and constantly innovates her products and services.”

Donnelly also spearheads local yoga community fundraisers, helping agencies such as the Eastern Oklahoma Food Bank, Tulsa Day Center for the Homeless and the Tulsa Humane Society.

“I appreciate the non-monetary benefits of my job even more than my salary,” she said.

“Watching my clients grow and change their life for the better is beyond rewarding.”