

# Kate



Kate started practicing yoga soon after I was diagnosed Psoriatic Arthritis. I wanted to find an exercise that would help and not hurt my body and yoga was one of the options. I signed up for a class and it was the first time in years that I didn't feel like I was hit by a truck after exercise needless to say I was hooked. I started teaching yoga at in 2016. She has three yoga certifications (Rockstar Teacher Training <core strength vinyasa yoga by Sandie Nardini> and Les Mills BodyFlow certified) In 2018 I decided to take my teacher training to another level and signed up for a 200hr Yoga Teacher Training with The Davenport School of Yoga completed in June 2018.

My Style of Teaching: I like to teach yogis through a journey of exploration of the body, mind and soul, inviting them to explore the movement and breath awareness. I explain thorough step-by- step explanations allow the most timid and inflexible students to mindfully get into poses they didn't even know they could do.

From my soul to yours NAMASTE

Kate