



*Patricia*

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*Patricia has been practicing Kripalu Yoga for over 20 years and has her 200 hour Teaching Certificate. For Patricia, Yoga is an integral part of every aspect of her life. It is the foundation that allows her to be the best she can be.*

*As a wife, mother of two daughters and currently a part-time assistant at a law firm, Yoga helps keep her balanced, remain grounded and truly brings her joy! Patricia hopes that her gentle, thought provoking, self care approach will inspire her students to live each moment, both on and off the mat, more mindfully.*



*Heather*

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*Heather has been practising Kripalu Yoga for 10 years and has her 200hr Yoga Teacher Training Certificate. Her general compassionate and kind nature translates into her Yoga classes. She encourages her students to be their authentic self and listen to their body by tapping into their intuition both on and off the mat.*

*Heather is married with 3 children and owns her own business helping to enrich the lives of mature adults with a variety of wonderful programming. She also writes poetry and music and enjoys exploring creative opportunities in all aspects of her life.*



*Christine*

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*Christine has been practising Kripalu Yoga for 5 years and has her 200hr Yoga Teacher Training Certificate. Coming from a background of insight meditation, she was attracted to the Kripalu tradition for its ability to inspire the experience of meditation in motion.*

*Beginning with a foundation of compassionate, non-judgemental, self acceptance, she encourages students to approach each moment with a sense of curiosity, exploration and creativity. Christine loves spending time with Nature and co-facilitates workshops on wild plant foraging.*