



Katie

I am a registered Yoga teacher and currently working on a deeper Yoga Anatomy course as well as Yoga for Trauma Certification I love working with Vinyasa in terms of flow and rhythm, but I'm also a big fan of mudras and breathing techniques to achieve that calm state of mind. Hoping I will see you in one of my classes! Come visit me on senchiyoga.com or find me on youtube's senchi yoga.

Registered Yoga Alliance teacher/200 hr Ayurvedic specialist certification Author of 'Full Circle, a self-care workbook for body and Spirit' *available on amazon.