

Claudette Halverson

I'm the mother of 4 amazing children, (Courtney, Erica, Audrey, Dylan). I've been married to my husband Jeff for 29 years. I have my 200 RYT and 500 RYT, and am also a certified Pilates instructor. I have a degree in Early Childhood Development and I Love being around children.

Currently I teach the Kids Yoga class. It is so sweet when I am explaining to the children the power of their own breath, and then seeing in their eyes that they are connected to what I am sharing. Watching them take mindful breaths.... what a experience. My hope is that those who attend class will feel the peace, love and light that is shining within them.