

Kate Crews-Linsley was a soloist dancer with Ballet West for ten seasons, just recently retiring in June of 2010. Kate also danced with Kansas City Ballet for 5 seasons. Kate has performed on many wonderful stages across the US, her favorites being The Kennedy Center and City Center in New York. While still dancing she devoted time to her yoga practice and teaching yoga at Centered City Yoga. She has been practicing yoga for 10 years and teaching for 6. Kate was certified in Dana Baptiste's teacher training program, as well as a certified to teach yoga to Vets and amputees through the Yoga Warriors program and she is specialized to teach yoga for recovery to youth through the Street Yoga program. Kate works with D'ana Baptiste directing the Inbody Outreach, a non-profit that connects therapy programs and in need existing service programs to skilled yoga teachers. Her passion is to connect all that might benefit from yoga for recovery and cannot afford it, seeing that they have a class available to them. Kate currently volunteers working with patients using yoga for recovery at the University of Utah, Utah Health and Human Rights and the Rape Recovery Center. Kate also has many classes on the CCY schedule and feel so very blessed to teach for this amazing community.