

Kim holds a B.S. in Psychology and a Master's degree in Organizational Behavior. Kim discovered yoga in 1999 at her local gym, alongside fellow teachers and friends, Scott Moore and Celeste Keele. She became addicted immediately to the power and serenity of regular yoga practice. Kim has studied primarily under D'ana Baptiste and began teaching at CCY in January 2004. Her yoga teaching and practice has been brilliantly influenced by D'ana Baptiste, Peter Francyk, Erin Geesaman-Rabke, Ana Forrest, and John Friend. Kim has developed and implemented a children's yoga program at Meridian School, a private school in Provo, UT, where she also doubles as a school administrator. She loves teaching yoga to children because of their freedom of expression, open hearts, and natural inclination toward the asanas. In addition to teaching several classes a week at CCY, Kim continues to run the children's yoga program at Meridian School and heads up the Summer Works yoga program at Rowland Hall St. Mark's. Kim is devoted to her two extraordinary daughters, Emma and Zoe -- the loves of her life! Kim's classes are friendly and lighthearted, yet physically challenging. You can expect to sweat, stand on your head, and balance on your arms ... but you may receive a head massage during savasana. :)