

Kimmy is a Utah native educated at the University of Hawai'i and the University of Utah. She has an M.A. in English American Studies and is currently completing her Master of Education at Weber State University. Kimmy first discovered yoga at the age of 12 and has been "hooked" ever since! In 2003 she obtained her first certification in Power Yoga and in 2006 she completed Dana Baptiste's 500 hour teacher certification. She is also certified through the Aerobics and Fitness Association of America. Kimmy recognizes the amazing potential that the human body possesses for movement and expression. Yoga has provided her with balance and stability, strength and endurance, energy and flexibility in both body and mind and Kimmy's teaching style plays with the freedom that can be found through breath, flow and motion. A devoted traveler, Kimmy also loves to teach yoga outside of the U.S. She has taught in Puerto Vallarta, Mexico, Ochos Ríos, Jamaica, and she is currently planning a yoga retreat at the Luna Lodge in Costa Rica for 2009. I offer Private yoga Instruction as well.