

## About Me



*Kenya Stump is founder of Root Rise Yoga. Kenya is a public servant by day who has been practicing yoga for 30 years. She lives in central Kentucky and received her 200-hr. yoga training from the Lexington Healing Arts Center in 2016. She completed her Trauma Informed Yoga training in 2019 and completed her 300-hr. training in 2021 at the Essence of Yoga Center with Amanda McMaine. She is a Yoga for All Certified Instructor specializing in yoga for all bodies and diverse communities. Kenya is currently exploring Ayurveda, Yoga's Sister Science with the Kripalu Center. She teaches privately and writes on life experiences, yoga, and Ayurveda.*



**KENYA STUMP**  
Root Rise Yoga