



What a gift Kate has been to me!

You see, I am 78 years old. I have many physical challenges. I began practicing yoga late in life and during the pandemic. Kate was recommended to me by my physical therapist. I moved from private, virtual classes, to private in-person classes, and finally to a combination of private and a group class each week. This combination of private and group classes has improved my health and enriched my life.

Kate offers a wide range of practices for every level of age and ability, from the youngest and most nimble to the oldest and most physically challenged. During practice Kate is kind and intuitive. She is always prepared, but able to tailor her instruction to the immediate needs of students during each lesson. She also has an excellent sense of humor, for which, at times, I am profoundly grateful.

I feel I have come far. Kate's positive, no pain, and gradual progress approach has helped me to become more flexible, free from chronic back pain, and given me more physical confidence. She has a beautiful, soothing voice and with her savasana is like heaven. Her deep knowledge of meditation and the spiritual side of yoga practice combine to make Kate a most gifted teacher. I am experiencing the many spiritual benefits of yoga go beyond the physical.

Ann G. 9/23/2021

