

Michele Hanna CYT, RYT 200

Michele is a certified Yoga instructor registered through Yoga Alliance.

She has been practicing Yoga for over 18 years and teaching classes for over 5 years.

Experienced in Hatha Yoga and adaptive Yoga, Michele's classes focus on alignment and breath helping students develop a deeper awareness of the mind and body connection.

She has trained with internationally and nationally recognized teachers such as Desiree Rumbach, Christiana Sell, Amy Ippolti, Christy Burnett, and Mitchel Bleier.