

Bethany Grabe, RYT-200 Yoga Teacher

Bethany is a yoga instructor in the Des Moines area who first practiced yoga in 2012 to help alleviate the side effects of chronic stress and anxiety. Her yoga took her on a spiritual and healing journey that led her to obtaining her 200-Hour Registered Yoga Teacher (RYT) certification. Her training is rooted in Integrated Yoga Therapy, which brings together asana, pranayama, mudra and mindfulness into a complete package where they are integrated and utilized for therapeutic classes.

Bethany leads her Mixed-Level Hatha yoga classes by directly reflecting what she has experienced throughout her journey – healing and feeling – with a goal of others experiencing the same benefits of yoga on the mind, body and spirit. Bethany enjoys sharing tools with her students to help make life more enjoyable and have better general wellness.