

DeeDee Bernstiel, RYT200

A former school teacher for many years, DeeDee continues to enjoy teaching as she instructs YogaOne's Basic 1, Level 2 and Level 3 Classes. She has received her RYT200 through our own YogaOne Teacher School here in Trooper PA. She also has PreNatal and Seniors Certifications through YogaFit. DeeDee's calm and flowing teaching style helps to make students comfortable and relaxed in her classes.