

Kamini Patel, Yoga Teacher / Certified Wellness Coach

Kamini is a well known local Yoga instructor who has been teaching yoga since 2003 and we are blessed to have her as part of our teaching staff. She incorporates elements of traditional Hatha Yoga as well as Pranayama (breathing techniques) in her classes. Her nurturing style of instruction leaves students with a sense of deep relaxation and well being. Kamini teaches Level 2 Yoga on Tuesday afternoons.