

Debi Gillespie, YT

Debi has been practicing yoga for over 5 years. She is completing her 200 hour Yoga Teacher Training at our YogaOne Teacher School. Debi's dynamic teaching style couples a strong focus on alignment and mental effort in posture....yet softened with a thread of humor! Enjoy Debi as she teaches our Thursday 4:30 Level 2/3 class.