

Beverly Blahut, YT500

Beverly has taught yoga for over twenty five years with certifications in Classical Yoga, Yin Yoga, Prenatal, Therapeutic, Restorative, Children's Yoga, Yoga for Teens at Risk, Ayurveda, Core, Senior Yoga, Meditation and Tai Chi. As a Reiki Master/Teacher, she combines Yoga and Reiki in workshops. Beverly has also studied Yoga in India and continues to keep her teaching fresh at the Himalayan Institute, which is her "home away from home."

In addition, Beverly's professional career as a public school art teacher has given her the opportunity to combine art and yoga in workshops for adults and children. Yoga is a way of life to Beverly and she enjoys spreading that passion to others. Beverly teaches Basic 1 on Tuesday mornings. She also teaches Level 2 and Restorative classes on alternate weekends