

Kim Borzillo RYT200

Kim started her regular practice of yoga simply as a way to unplug from Corporate America. It was not until many years later, that she truly understood the mind and body healing benefits that yoga offered. Kim completed her 200 hour Yoga Alliance Teacher training at YogaOne and continues to sustain a regular practice regardless of the twists and turns life brings. Influenced by the energy of her instructors, peers, and surroundings; she aims to bring a unique sense of empowerment to each class. Kim seeks to encourage thought and meaning in each class through intention, mediation, and energy readings. She strives to adapt postures to the needs of students with a goal that each person can gain a sense of self connection, inspiration, and improved quality of life. Kim teaches Wednesday evening Meditative Yoga.