

Vicki L. Kneeland, E-RYT200, RYT500, YACEP
Owner and Lead Faculty YogaOne Teacher School, Owner of YogaOne

Vicki has over 39 years of teaching experience in the Fitness and Wellness industry. She is a nationally recognized Registered Yoga Teacher with the Yoga Alliance with 550 hours of training and over 3000 hours of yoga teaching experience. Vicki is also a Continuing Education Provider for all registered Yoga Alliance teachers. In addition to her regular Yoga classes, Vicki also holds certifications in Yoga HealthCare I, II, III, Senior Yoga, Kid/Teen Yoga, Yoga for the Weight-Challenged, Pre/ Post Natal Yoga, Mindfulness Meditation, Yoga for Healing Emotional / Physical Trauma, Yoga for Anxiety and Depression, Restorative Yoga, and Yoga for Warriors (Veterans). Vicki is also a Level II Certified Ayurveda Specialist as well as an Independent Product Consultant for DoTerra Essential Oils. Her passions off of the mat include interior design, cooking, piano, and spending time with family and new kitten, Gracie. Vicki's mission is to bring the gift of yoga to anyone and everybody.