

**Ken Martz, Psy.D. RYT200**  
**Lead Faculty YogaOne Teacher School**

Dr Ken is a licensed psychologist and has been exploring and teaching yoga techniques since 1997. His gentle style has been influenced by a range of traditions including Kripalu, Kundalini and Freedom Style yoga. This blend of posture, breath and meditation lead to a compassionate practice, that is both challenging and relaxing. Ken teaches Level 2 and Vinyasa/Kundalini on Sundays.