

Biography

I am Karen Hambleton an internationally trained teacher of yoga taught in not only Brazil but at the seat of yoga, India. I have studied and practiced these ancient and traditional techniques for over 17 years. I am certified through Integrated Yoga Therapy in Brazil and India with Joseph and Lillian La Page. I have a BA in Psychology, an Associate's Degree in Elementary Education & Health Physical & Sports Science. My range of knowledge comes from working with cancer, arthritis, and other illnesses, knee and hip replacement. Classes given will focus on postures (asanas) threading them into their physical components for the individual. These movements give proper alignment of the physicals sequence to build on one another while forming cohesive movements to create an inner relaxed environment of Self.