

# KATHY KENNEY

Kathy Kenney has been practicing yoga for 17 years and in September 2010 will be certified as an Advanced Viniyoga Instructor. Through Asana (postures), Pranyama (breath techniques) and Meditation (inner reflection), her unique classes focus on bringing attention and awareness to the breath as it connects to the movement of the spine. "It is so exciting to observe students as they discover the power of their breath and experience how it can change their lives!" Her classes are perfect for any (body) at any age and can be adapted to the individual and their special conditions.

