

# KIMBERLY BEARDEN

Kimberly Bearden began yoga in 2004 and fell in love with the practice immediately. Having been a dancer for years her body was yearning to leave the weight room behind and fulfill its need to flow, twist, bend and turn upside down. Kimberly received her yoga teacher training from world renowned Shiva Rea, the originator of Vinyasa Flow Yoga. Her music filled classes guide students through a whole body experience that is meditative and rejuvenating as well as challenging and empowering. Kimberly also has a Bachelor of Social Work degree from CSU, *"It has always been both my desire and my pleasure to help others and I believe that instructing yoga is just another vehicle that I can use to serve the community."*

