



Kathy Hirschfeld has been in the fitness industry as a group exercise instructor since 1984. Her journey into practicing Yoga started 20 years ago in a small family owned gym where she taught classes such as Spinning, step, strength, and aerobics. The owners decided to open a Yoga studio, and so it began.

Her passion was and is to keep people moving by providing many options to create an inclusive class experience. She was the person who hated gym class, so she works diligently to ensure everyone feels successful, joyful, and encouraged in her classes.

In 2013, Kathy received her 200-hour training by Rolf Gates, focusing on the Vinyasa style of Yoga, but has experience in restorative, yin, and chair Yoga as well. To date, she has over 2,300 hours of experience teaching Yoga to a vastly diverse community. Some of this experience includes teaching at a hospital-based facility and at her home studio, both in her former home state of Illinois. Kathy's decades in the fitness industry have given her a vast base of knowledge on the body's mechanics, muscles, and posture which she incorporates into every class. Safety and clarity are very important components in her teaching style, along with bringing a sense of lightheartedness and fun into every class. She says laughter is the best medicine.

Her passion is to teach people that Yoga is not only for the most flexible or the strongest or the most balanced, but that Yoga is for everyone.

"Yoga is not what you are doing in the postures, but how you are being in the postures."